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Radio Round-up

A weekly service for Directors of
Women's Radio Programs

October 4, 1946

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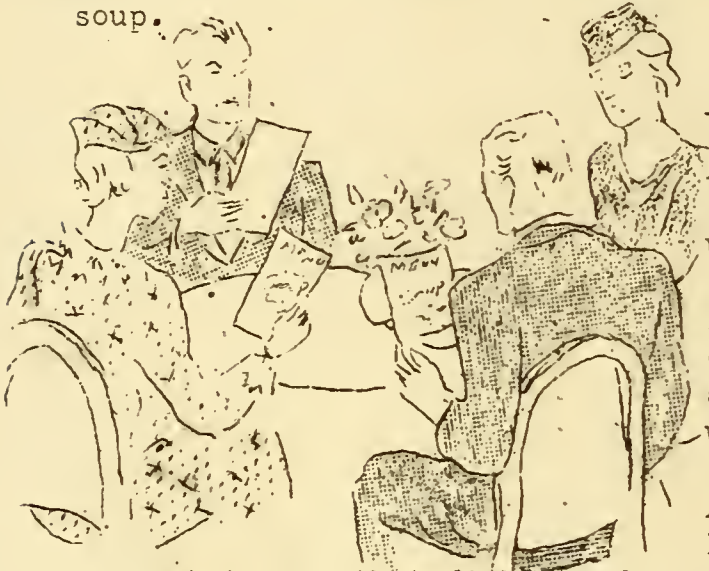
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U. S. Department of Agriculture
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SOUP'S ON

This is the time of year when we begin to think more about including soup in our meal plans ... not only that soup of the evening, mentioned in "Alice in Wonderland," but soup at lunchtime too. You probably remember that the song went on:

"Beautiful soup, so rich and green,
Waiting in a hot tureen.
Who for such dainties would not stoop?
Soup of the evening, beautiful soup!"

While this rhapsody evidently concerns pea soup, it's just as easy to be enthusiastic about tomato soup, rosy and red ... or corn soup, golden and glowing ... or potato soup, creamy and satisfying. And since the onion crop's a generous one this year, you might well suggest to your listeners the deliciousness of onion soup ... either the tasty brown French variety or cream of onion soup.



One Dish Meal

And don't overlook vegetable soup, which can be almost a meal in itself ... what with potatoes, turnips, carrots, tomatoes, onions, celery, and green peppers. A bowlful of this can form the first course at dinner, or provide the piece de resistance at luncheon, and will be equally popular with both oldsters and youngsters.

And since we've mentioned fish elsewhere in RADIO ROUNDUP this week, we're reminded to suggest to you that fish chowder is very much in order these days. Oyster stew also is a great favorite with many people throughout the fall and winter months.

What's Your Favorite Soup?

We've heard there's a contest going on to determine America's favorite soup ... the one variety that can be called typical. After all, there's the Onion Soup of France, the Bird's Nest of China, Italy's Minestrone, Russian Borsch, the famous Oxtail Soup of England, and so on. Whatever soup is chosen by the jury of experts, we know Americans always will answer with enthusiasm the call "soup's on!"

DRIED PEACHES

Now that cool weather is coming, you'll see more dried fruit at your grocery stores. Total production is expected to be about the same as last year. Increases have been made in the output of dried peaches, apricots and figs.

The production of dried pears is the same as last year, and the amounts of raisins and prunes will be lower.

Prices Down

With the exception of apples, peaches are the only dried fruit that will be lower in price than last year. There are nearly 50 million pounds of dried peaches ... mostly Freestone type ... ready for retail distribution. This is a 4 million pound increase over 1945.

Because military and government requirements are low this year, most of the production will be for use in this country.

FISH PLATTER

One of the plentiful foods for October is fish. Storage holdings of this important protein food totaled 152 million pounds on September 1 ... an all-time high for this time of year, and 43 million pounds above the amount in storage on the same date in 1945.

Our principal varieties of food fish are caught in volume during the months July through October. The point to make at this time is that we will not be able to use the maximum catch this season unless storage space at major producing centers is available. At present practically all facilities for freezing and storing fish are at capacity level. Therefore, greater use by consumers will help to move stocks.

Plenty of Fillets

Most of the frozen fish in storage are in fillet form. Fillets are the meaty sides cut from the fish, and the varieties most plentiful now are rosefish, cod, haddock and whiting. Halibut is also in good supply. Halibut ... and salmon ... are usually sold in steak form ... that is, in cross-section cuts from large fish. Sablefish and mackerel are available in round or dressed style. Fish sold as caught are known as "whole" or "round" fish. Dressed fish have had entrails, head, tail, and usually the fins removed.



From December until April, when the new fishing season starts, withdrawals from storage will exceed production. So purchases now have a two-fold angle ... more protein food at a time when meat is limited, and making storage space available for stocks we can draw on during the winter months.

THAT SAVING STITCH

Ready-made clothes haven't returned to prewar standards as yet, either in materials or in workmanship, but there's one way in which the consumer can help improve the situation. By making a careful check of all garments,

and also of household textiles, before they're worn or used, and taking a stitch here and there, she can often save many more stitches in patching and darning later on. Here are some of the points to check:

Stitching

Rip out and restitch any broken, knotty, drawn or crooked, stitching.

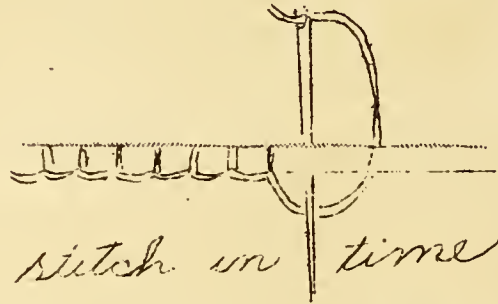
Seams

Narrow seams may need to be stitched a little deeper to make them hold. If the material is not fraying too badly, simple overcasting of the raw edges will make a seam secure. If it frays readily, however, it's better to run a row of machine stitching near the cut edges. A double row of stitching, one row an eighth of an inch or so inside the other will help to keep unfinished seams from stretching and fraying.

Hems

Hems, which are usually loosely sewed in ready-made dresses, should be re-hemmed with secure stitches and strong thread.

With needle and thread, stay the ends of hems on sheets, towels, pillowcases, where stitching is clipped off even with the cloth. Machine stitch or overhand open ends of hems on sheets and bath towels.



Dangling Threads

Pull these through to the inside and tie securely. If they're long enough, run them through a needle and fasten with a few stitches ... or pull inside a hem or fold.

Bindings

To save a big mending job later, make sure all bindings are secure. If binding is sewed too close to the edge, rip it, move in a little deeper, then re-stitch.

Lock-stitched Edges

Lock-stitched edges on terry towels and other loosely woven textiles should be strengthened with a row or two of machine stitching. If the material is thin and the edge wide enough, turn the material under once before stitching.

Plackets

Plackets often need strengthening, because of the strain they must stand. Put in extra stitches at the end of the placket, or sew tape stays across the ends on the underside.

Pocket Corners

Strengthen pockets at the corners to keep them from tearing. For pockets on a blouse, a second row of stitching usually is enough. Dress and apron pockets must be more sturdy. Lay a piece of tape on the underside in line with the pocket top. Stitch it in with the corners.

Stretchy Edges

Neck lines, collars, plackets, and pockets not cut on the straight of the goods sometimes stretch, then tear. Stay these places by sewing tape on the underside of the outer edges. Or rip open the facing, sew tape next to the edge, and restitch facing.

Fastenings

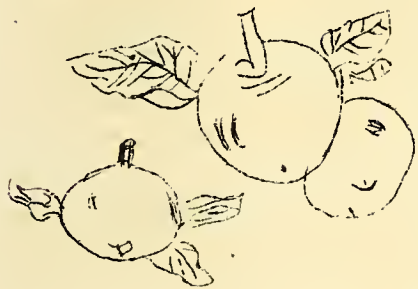
Rework raveled or weak buttonholes with a buttonhole or blanket stitch. If the buttonhole is completely raveled, machine stitch close to the cut edge of the hole. Then work the buttonhole by hand.

Loose buttons should be sewed with a strong thread. Leave a shank of thread so the buttonhole can slip under the button without straining the cloth.

Snap or hooks and eyes should be sewed neatly and securely. Use strong but not heavy thread that matches the material.

FRUITFUL IDEAS

The clever cook can perform a bit of magic with dried fruits ... or at least it looks like magic, when you see the change from their dry, wrinkled appearance to the tempting hot dish, or the delicious fruit dessert.



USDA's food specialists tell us that weight for weight, dried fruits outshine fresh fruits in minerals and most other food values. There's less water and more substance ... sugar for energy ... vitamins and minerals too. Dried fruits of all kinds ... prunes, raisins, apples, peaches, and apricots ... combine well with many other foods. Here are some suggestions for using them:

Dried fruits make an excellent sauce.

Dried fruits add flavor and sweetness to cereals, and can be used in this way as a breakfast food, a supper dish, or a pudding.

Dried fruit and bread crumbs or cooked cereal combine in a stuffing that dresses up the cheapest cuts of meat.

Dried fruits can be combined with vegetables or meat, in a scalloped dish.

Plain bread, muffins, and cookies become something extra special when dried fruits are mixed into the batter or dough.

Dried fruits make a wholesome candy. One or several kinds can be ground, mixed with peanut butter or finely chopped nuts, and rolled into little balls.

Remember that dried fruits should be closely covered to keep out dust and insects. Protected in this way, they'll keep a long time on the pantry shelf, ready for use.

POTATOES PLUS

Here's an idea for making the most of some of those plentiful potatoes ... specifically the baking variety we're seeing around more and more.

Take the giant-size bakers, after they're done, cut them in half lengthwise, and scoop out the inside. Mash, add some fat and seasonings, and stir in some hot milk. Beat until it's fluffy and smooth. Then, if you have a little chopped left-over meat, or chopped luncheon meat, fold this in, and stuff the mixture back into the shells. Brush the top with melted fat and brown in a hot oven.

The same procedure can be followed with flaked fish, or with grated cheese, to add both flavor and food value. Potatoes prepared in this way can be used as the main course at luncheon or a simple dinner.

FISH FOR DINNER

It's good news we're giving you this week regarding the generous fish supply, because fish is fine for the main course at dinner any day in the week. It needn't be restricted to Friday. In all probability, your listeners will be glad to have suggestions about cooking fish.

Go Easy on the Frying

In a good many families, not much imagination is used in preparing fish ... too often it's fried, and that's that. And right now, while we're trying to conserve fats and oils, we'll do well to give consideration to all the other methods of cooking fish. Baking, broiling, and steaming give delicious results, as you doubtless know. A whole fish, baked, with a flavorful stuffing, looks and tastes so good that it can be served without any apologies.

When it comes to using up the left-overs, there are various creamed and scalloped dishes, curried fish, and fish salads, plain or jellied. These are just a few suggestions ... your menu files undoubtedly contain many more.

FAO COMMISSION

A little news has arrived from the USDA people who attended the FAO Conference in Copenhagen during the first two weeks of September. One important development was the establishment of a commission to study Sir John Orr's proposed World Food Board. This Board, as you remember, would be designed to protect farm prices and improve nutrition on a worldwide basis.

The commission, including representatives of 16 countries, will meet in Washington sometime this fall. A seventeenth country, Siam, will sit in on consideration of rice matters. Argentina and Russia also have been invited to take part in the work of the commission, although they're not members of FAO.

Incidentally, here's a good description of FAO, from one of the delegates to the conference, L. A. Wheeler, director of USDA's Office of Foreign Agricultural Relations. Mr. Wheeler said:

"FAO is the Department of Agriculture of United Nations ... somewhat comparable to the U. S. Department of Agriculture's role in the U. S. Government."

HOPE FOR MORE HONEY

Decontrol is the news about honey ... and now that price ceilings are off, the homemaker soon will find more honey in the stores. You see, while there were price ceilings, the honey producer (and we mean the bee-keeper, not the bee!) found he could make more money by selling to his friends and neighbors, rather than to the wholesaler. And that's what's been happening to the honey, to a great extent.



If we may mix a metaphor, let us say that one fly in the ointment is this ... the 1946 honey crop is considerably smaller than last year's 233 million pounds. The weather is partly responsible ... bees are allergic to cold and rain, and it seems there was a lot of this to contend with. Also, the population of many bee colonies was depleted by some of the new and deadly insect sprays.

However, beekeepers have been asked to raise more bees next year ... 6 percent more, in fact. This in turn will mean more honey ... a definite help in these times when sugar is short.

WHY THE FATS & OILS SHORTAGE

There's nothing very cheerful about this situation, looking at it from a world-wide standpoint. Maybe you'll understand better the necessity for continuing to stress conservation and fat salvage if you know some of the facts. USDA's Office of Foreign Agricultural Relations tells us that the world output of fats and oils may not reach the 1935-39 level for three years or more.

The Reasons Why?

Political unrest may delay the restoration of normal production of Manchurian soybeans and Sumatran palm oil.

The output of whale oil may never reach prewar figures. To guard against depletion of the whales, an international agreement has been made which limits the production of whale oil to about one-half the 1938 level.

Several producing areas, such as India, may keep a larger proportion of their domestic production of oil for their own use.

A Few Favorable Factors

On the other hand, expansion of sunflower seed production in Argentina is expected to continue. During the war, sunflower seed oil came into use in several countries formerly not well acquainted with it. It's a desirable



edible oil, comparing favorably with cottonseed and peanut oil. In the past 10 years, it's become an important crop in Argentina, and the 1946 acreage was the largest ever reported for that country.

When it comes to lard and soybeans, the output in the U. S. probably will remain above the 1935-39 level for sometime. Also, several countries will subsidize domestic production of fats and oils, so they won't have to import so much. And, of course, the import demand of some countries may be restricted by lack of purchasing power.

Demand Exceeds Supply

Total exports from principal producing countries are estimated at close to 3 million short tons for 1946. The 1935-39 average was about 6 1/2 million short tons. The world's import requirements for this year are about double the supply available for export. In Europe alone, the demand exceeds that of prewar years for several reasons ... the reduced oilseed production in the Balkan countries ... and the small 1945 Mediterranean olive harvest.

The International Emergency Food Council (formerly the Combined Food Board) is attempting to arrange a fair distribution of export supplies of fats and oils. By means of allocations, they're trying to prevent severe competition among the importing countries. Otherwise, with the world-wide shortage, the countries best able to arrange purchases could obtain the bulk of the available supplies.

RECIPES FOR THE PLENTIFUL FOODS

It's a wise shopper that buys the plentiful fruits and vegetables. They'll keep menu standards up and budgets down. And make no mistake, those plentiful foods can provide some taste-tempting dishes. Here are a few recipes from the Bureau of Human Nutrition and Home Economics featuring some of our current plentiful fruits and vegetables.

Sweet Potatoes

To hold the most food value, cook sweet potatoes in their skins. Boiling in their skins is the most thrifty way to save vitamins and minerals; baking in their skins rates next best. You get the most "good" when you eat sweet potatoes skin and all, since some of the vitamin and mineral content is in the skin and just under it. So if the skin isn't tough, it's worth eating.

If sweet potatoes are to be mashed or finished in special ways for vegetable dishes or desserts, cooking in their skins is the best start for saving vitamins and minerals. If sweet potatoes must be pared raw, pare thin, then cook them as soon as possible, not letting them stand in water to soak out vitamins and minerals.

Baked Sweet Potatoes

Wash and dry sweet potatoes of uniform size. Bake in a hot oven (425°F.) 40 to 60 minutes or until tender. If you want the skin to be soft rub a little fat on the sweet potato before baking. Cut crisscross gashes in the skin of the baked sweet potatoes on one side, then pinch the sweet potatoes so that some of the soft inside pops through the opening. Drop in meat drippings, bits of crisp cooked salt pork, or table fat. Save fuel by baking sweet potatoes when you oven-cook other food. If a moderate oven is called for, allow a little extra time for the sweet potatoes to bake.

Sweet Potato Pudding

2 tablespoons fat, melted	$\frac{1}{4}$ cup orange juice
$\frac{1}{2}$ teaspoon salt	1 teaspoon grated orange rind
$\frac{1}{2}$ cup corn sirup or cane sugar sirup	2 cups mashed sweet potatoes
1 or 2 eggs, separated	$\frac{1}{2}$ cup milk

Add fat, salt, sirup, orange juice, and grated rind to the hot mashed sweet potatoes. Add the beaten egg yolks and the milk. Beat well. Fold in stiffly beaten egg whites. Pour into greased baking dish and bake in a moderate oven (350°F.) 50 to 60 minutes, or until the pudding sets.

Apples

Baked Apples

Wash the apples and core them without cutting through the blossom end. Place the apples in a baking dish; fill the holes with sugar and butter, and raisins, if desired. Add just enough water to keep the apples from sticking, and cover the dish. Bake in a hot oven until the apples are soft. Serve baked apples hot or cold, with or without cream.

Apple Float

2 cups thick apple sauce	4 egg whites
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Sweeten the apple sauce to taste while hot, add a little salt, and set away to cool. Beat the egg whites very stiff, and fold the cold apple sauce into them. If desired, add 2 or 3 teaspoons of lemon juice, or sprinkle a little nutmeg or cinnamon on top, or add a spoonful of whipped cream to each serving.

Fresh Food



Roundup

There will be plenty of vegetables of one kind or another for all comers this week. Top honors for abundance still go to the onion, potato, cabbage combination. Irish potatoes and sweet potatoes are both plentiful; and this week the sweets were in the reasonable price bracket. So there are four best buys for the week in the vegetable line.

Snap beans were right plentiful on the Atlanta wholesale market this past week also, but supplies varied on other items. Peppers were in fair supply; squash supplies are moderate and eggplant supplies were down right light. Cauliflower is not too plentiful either. Carrot supplies remain steady with most of the supply shipped in from California. Celery will at least meet the demand and most of it is from New York with some in from Michigan.

Apples of course are the most plentiful fruit. They stand alone in so far as abundance is concerned, but they are not the solitary fruit on the market. Pears are pretty plentiful and will be for some time. Cranberries are plentiful and will continue so until Christmas. Red varieties of grapes from California are in good supply, and most markets will boast from moderate to good supplies of honeydew and Persian melons.

A good many coconuts can be found and the first few shipments of Florida oranges have moved to market. That means it won't be long until the two can be teamed up in a luscious extra special dessert--ambrosia.

A few 100-pound sacks of Brazil nuts turned up over the Atlanta market this week. The wholesale price was quoted at \$40 a 100-pound bag. Not exactly cheap, but it's been such a long time since we've had any.

The Fresh Food Roundup is based on general supplies and movements of fruits and vegetables. It is advisable to check on local markets to make sure these products are available in your community.



Southern Edition

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THE NEW BASIC 7

The Basic 7 Food Guide, postwar version, has just been issued by USDA's Bureau of Human Nutrition and Home Economics. All of you probably made use of the Basic 7 Chart which was published during the war as a nutrition guide. Seven groups of food were shown on this chart, and the recommendation made that some of each be included in the daily diet. Now, however, quantities are suggested, and that's what makes this edition of the Basic 7 news.



Here's a brief resume of the seven food groups, their food values, and the number of servings of each suggested. This quantity is the minimum, by the way, and should be specified as such when you're talking about it.

Leafy, Green, And Yellow Vegetables

Rich in vitamin A and iron; provide worthwhile amounts of B-vitamin riboflavin, and some calcium. Many foods in the group furnish vitamin C when they're eaten raw. The root and seed vegetables also add considerable calories to the diet. Suggested quantity: 1 or more servings daily.

Citrus Fruits, Tomatoes, Raw Cabbage

Main sources of vitamin C, although a few other fresh fruits are also rich in this vitamin. Certain vegetables, if eaten raw in large enough quantities, also provide C. Suggested quantity: 1 or more servings daily.

Potatoes And Other Fruits And Vegetables

This group is an aid to good diet in a number of ways ... it provides vitamins, minerals and calories. A wide variety should be chosen. Suggested quantity: 2 or more servings daily.

Milk, Cheese, Ice Cream

Leading sources of calcium and riboflavin. They also provide high quality protein, vitamin A, and some of all the other known vitamins and minerals the body needs. Suggested quantities: 3 to 4 cups of milk daily for children; 2 or more cups for adults.

Meat, Poultry, Fish, Eggs, Dried Beans, Peas

These are valuable protein foods. They also provide important B vitamins, iron, and good amounts of calories, although different foods in the group vary considerably in these food values. Suggested quantity: 1 to 2 servings daily.

Bread, Flour, Cereals, Whole-Grain Or Enriched

These supply the B vitamins, thiamine and niacin, and iron. They also contribute some protein, and are the least expensive source of calories. Some should be eaten every day.

Butter And Fortified Margarine

These fats are rich in vitamin A, and, like all fats, furnish many calories per serving. Some should be used daily.

When it comes to foods not included in the Basic 7 groups, if they are used, it should be in addition to, not in place of, the Basic 7. They're chiefly useful for the calories they provide.

"National Food Guide", a booklet explaining the Basic 7, and a colored wall chart illustrating it in simple graphic form, are being printed. Copies of each will be mailed to you as soon as possible.

* * * *

SPICE COMEBACK

Only three spices are yet under allocation ... that is, there is some control of their distribution by the U. S. Department of Agriculture ... because they are in short supply. These three are pepper, nutmeg, and mace. But even for these the pre-war sources are gradually opening up, and our imports are on the increase.

During the war, practically no pepper was received in this country and we had to dole out inventory stocks very carefully. Just recently we could arrange for imports from the Netherlands East Indies, Malaya, and even some from Indo-China and Siam. Supplies of pepper in these countries are not under world allocation, and it's just a matter of arranging for purchases and getting the shipments to this country. Pepper from India is under allocation control of the International Emergency Food Council.

Nutmeg And Mace Supplies Improving

Our only source of nutmeg and mace during the war was the British West Indies. Now the Netherlands East Indies are coming back into the supply picture, so nutmeg and mace ... the latter is a parasitic growth on the nutmeg tree ... will also be easier to obtain.

As for cinnamon, cloves, ginger, allspice ... and the host of other spices that are called upon to liven up food dishes ... there is no limitation on use other than the one the cook will exercise.

* * * *

SCHOOL LUNCHES FOR ALL

The good news about the National School Lunch Program is that agreements now have been signed by the Department of Agriculture and all of the 48 states, the District of Columbia, and the territories. It's estimated that at least 8 million school children will get school lunches under this cooperative program during the school year 1946-47. These children are attending more than 46,000 public and nonprofit private schools. As you know, this will be the first year of operation under the permanent school lunch legislation, signed by the President last June 4th.



Wider Outlet For Farm Production

Commenting on the fact that all states and territories will participate this year, Secretary of Agriculture Anderson pointed out that the National School Lunch Act outlines a broad policy of assisting the states to see that children get adequate and nutritious lunches, and that it also recognizes the basic principle of improving farm income by providing wider outlets for farm production. The Secretary went on to say: "We in the Department of Agriculture are gratified that the program will be truly national in scope, even in this first year under the new legislation. The basic framework for operations has been established. It is now up to the states and local communities to provide the understanding and support which will develop the program's full potentialities."



A Nation Is No Healthier Than Its Children

The Secretary also quoted the statement made by President Truman at the time he signed the Act, which was as follows: "In the long view, no nation is any healthier than its children or any more prosperous than its farmers; and in the National School Lunch Act, the Congress has contributed immeasurably both to the welfare of our farmers and the health of our children."

Incidentally, since the funds available for this school year already have been allocated, and even more schools have expressed a desire to take part in the program, USDA officials expect a demand for expansion of coverage in the future.

* * * *

SUMMARY OF FAO CONFERENCE

Here's a brief summary of the actions of the FAO Conference, held in Copenhagen, Denmark, September 2 to 13 ... in case you haven't already seen one:

- 1--The Conference created a Preparatory Commission to develop concrete recommendations for an intergovernment program designed to prevent both shortages and surpluses of food and other agricultural products. We mentioned this in last week's RADIO ROUNDUP, pointing out that the Commission will consider Sir John Orr's proposal for a World Food Board.

2--Five new member countries were admitted ... Ireland, Italy, Portugal, Switzerland, and Hungary. This brings total FAO membership up to 47.

3--The Conference approved the preliminary report of the FAO Mission for Greece. This was the first such enterprise of FAO, in which a group of experts made a broad study of the agriculture and fisheries of Greece, and recommended the outlines of a long-range program. The Conference also considered the reports of six newly created standing advisory committees -- the Joint Committee on Agricultural Science and Agricultural Production, and the Committees on Economics and Marketing, Statistics, Fisheries, Forestry, and Nutrition.

4--The recommendations of the special meeting in Washington last May, calling for continued controls and economics in the use of grains and other basic foods in short supply, were reaffirmed. The Conference also endorsed a resolution of the UNRRA Council bringing out the need for special action to finance food imports by nations which have been receiving aid from UNRRA.

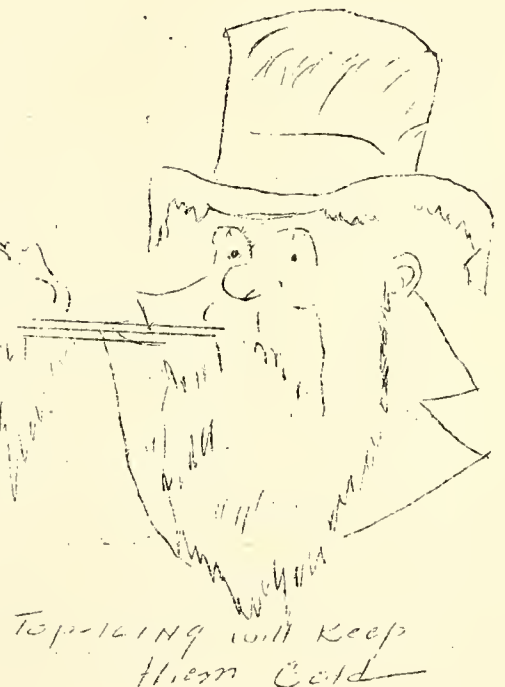
In emphasizing long-range problems, the Conference remained fully aware that the postwar period of emergency food shortage is by no means ended, and that for the next few months the problem will be to produce as much food as possible, and to get it to the people who need it most. While harvests have been unexpectedly good and have somewhat improved the food outlook since last May, the Conference pointed out that there's likely to be a gap of about 8 million tons of bread grain between needs of deficit countries and the supplies likely to be available for export.

5--Important actions concerning FAO organization included approval of a draft working agreement with the United Nations, (which still has to go before the next UN General Assembly), and creation of a Finance Subcommittee of the FAO Executive Committee.

* * * *

RIPENING RESEARCH RE: CANTALOUPS

While we were cantaloup-shopping this summer, trying to remember all the rules for picking out a good, ripe melon, the research people of USDA were conducting tests with the object of giving us riper cantaloups in the future. It wasn't a new variety of melon they were looking for, but a new method of shipping ... one which would make it possible to leave the melon on the vine longer, so that it would get riper. Cantaloups reach their highest peak of flavor when they're left on the vine to ripen, but if they're too far advanced when they get to market, they're almost a complete loss. It's common practice, therefore, for shippers to pick melons when they're green or immature.



Top-Icing Gets Results

Top-icing seems to be the answer to the problem. In the trial which has just been reported by USDA's Production and Marketing Administration, ten thousand pounds of ground ice -- often called snow ice -- were blown in on top of the loaded crates of canteloups. In the past, the melons have traveled in cars which had ice in the ice compartments, and which might or might not have a fan to circulate the cool air in the car. Top-icing, however, was superior to all other methods tried in cooling the canteloups and bringing them down to a good shipping temperature quickly.

The canteloup season is just about over for this year, but probably by 1947 consumers will reap the benefit of this research in the form of luscious, ripe canteloups, just right for eating when they're brought home from the fruit store.

* * * *

STORE THOSE SPUDS

As we told you a few weeks ago (RADIO ROUNDUP 9/13/46) the potato crop this year is tremendous. We'll be giving you general information about potatoes and suggestions for their use right along now, because the problem of using them up is a considerable one. To avoid unnecessary waste, people should be encouraged to eat more, and store more of them at home. The quality is high, and they'll be on the market in large quantities during early November. However, these potatoes must be stored or moved rapidly into consumer channels to prevent freezing. You can help by mentioning potatoes in your broadcasts frequently, and by making suggestions regarding selection and use.



Storing Spuds

Here's what USDA's food specialists have to say about potato storage: The late crop potatoes are the best for storing. Sort them carefully, taking out those that are decayed, and reserving any that are bruised or cracked to use first.

Keep potatoes cool but not cold ... don't let them freeze. The ideal storage temperatures are between 40 and 60 degrees Fahrenheit. Stored at a temperature below 40 degrees, potatoes may acquire a sweetish taste. Some of the starch turns to sugar, you see. The flavor can sometimes be restored by putting the potatoes in a warmer place for a week before using. The storage place should be dark, as light gives potatoes green spots that are harmful to eat. These can be cut off, and the rest of the potato eaten, but it's wasteful. Therefore, stored potatoes should be carefully covered with cloth or paper.

Don't Eat The Sprouts

As for sprouted potatoes ... these can be eaten if they're peeled. The sprouts should never be eaten, however, as they contain the same harmful substance that's in the green spots.

* * * *

AGRICULTURAL OUTLOOK CONFERENCE

At the time this issue of RADIO ROUNDUP is being written, the 24th annual Outlook Conference is under way at the Department of Agriculture in Washington, D. C. This conference is being attended by representatives of USDA from all parts of the country. They're being given a comprehensive picture of world food problems, from the standpoint of both supply and nutrition, hearing discussions of both the national and international economic situation, and of the outlook for agriculture. Also on the conference program are discussions of the commodity situation, financial planning for the family, the outlook for household equipment, and the ways of getting outlook information to farm people.

Secretary Anderson Delivers Opening Talk

The opening talk was delivered by Secretary of Agriculture Clinton P. Anderson. Other speakers include: Eugene Meyer, president of the International Bank; Dr. Denis A. Fitzgerald, secretary-general of the International Emergency Food Council; Marriner S. Eccles, chairman, Board of Governors of The Federal Reserve System ... and in addition, chiefs of a number of USDA's bureaus, and other department specialists.

The comments of several speakers should be of special interest to the directors of women's programs. Among these are Dr. Hazel K. Stiebeling, chief of the Bureau of Human Nutrition and Home Economics. Dr. Stiebeling, as you know, was a member of the U. S. delegation to the FAO conference in Copenhagen last month. Her subject at the outlook conference is the world nutrition situation. Since complete information regarding these discussions is not available before this week's deadline for RADIO ROUNDUP, we are planning to include some notes on them next week.

* * * *

FISH REPORT

The weather is giving fish around Florida a new lease on life. The Jacksonville market news service reports a light catch of fresh fish because of bad weather.

The Hampton (Va.) market news service reports a slight rise in total seafood production over the previous week. Oyster production there jumped from 20,797 gallons the week before to 24,141 gallons for last week. The meats are getting fatter too.

One haul still has fishermen up that way walking around with a look of dazed amazement. It was reported that, over this past week-end, more than 18,000 pounds of pompano were caught in the Morehead City-Beaufort area of North Carolina. A few hundred pounds of this fish is about the average catch anywhere on this coast, and the wholesale price on the New York markets, as of Friday, October 4, was 80 cents a pound.

Fresh Food



Roundup

The week's best buys are apt to be onions and Irish potatoes, with sweet potatoes and perhaps snap beans treading close on the heels of the two favorites. Snap beans are right plentiful over the wholesale market here but they are still not exactly cheap.

Cabbage supplies are moderate, so are field peas and cauliflower. The cauliflower is very good quality, and most of it is coming from New York. Celery is reasonably priced but not in particularly heavy supply at the moment.

Apples are plentiful, of course, and grapefruit is in moderate supply and reasonably priced for this time of the year.

And now let's take a look at some national harvest figures. Some of the foods listed above may not yet be on your local markets in appreciable quantities, but they should be plentiful by November. Keep them in mind.

The late onion crop is believed the largest on record, with yields heavy and quality good in nearly all areas. That's one crop that is plentiful as of now. The lettuce crop, mostly iceberg type from western states, is 23 per cent greater than last year.

A record grapefruit crop is expected and canned citrus juices are, or will be, abundant. Dried peach production is expected to total 25,000 tons, with a 10,000 ton carryover from last year.

The Fresh Food Roundup is based on general supplies and movements of fruits and vegetables. It is advisable to check on local markets to make sure these products are available in your community.

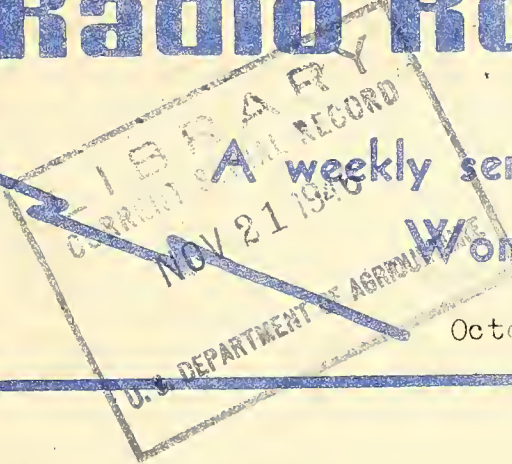


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Southern Edition



Radio Round-up



A weekly service for Directors of
Women's Radio Programs

October 18, 1946

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U. S. Department of Agriculture
Radio Service

Address inquiries to:

Information Service -- Southern Area
Production & Marketing Administration
U. S. Department of Agriculture
449 West Peachtree St., N.E., Atlanta, Ga.

OCTOBER 1 CROP REPORT

The greatest volume of crop production in history is now being realized, according to the October 1 crop report, released on October 10 by USDA's Bureau of Agricultural Economics. Previous prospects for most crops were maintained



or improved during September. The record 1946 corn crop is maturing with little frost damage, and good quality is assured. Estimates for most crops are slightly higher than last month, with cotton as the principal exception.

Potatoes Are Plentiful

There's an addition to the all-time record group this month ... Irish potatoes. The other crops in this group are corn, wheat, tobacco, peaches, pears, plums,

and truck crops. Oats, rice, and peanuts moved a step nearer the record. Grapes, cherries, and sugarcane also are in the near-record class. There were several additions to the average or better list during September ... flaxseed, sorghum grain, buckwheat, sweet potatoes, and apples. The crops already in that group, and for which the promise remains the same, are hay, soybeans, dry peas, prunes, apricots, hops, and sugar beets.

Cotton Production Lowest in 25 Years

On the darker side of the picture ... the prospects for cotton production have dropped to the lowest level in 25 years. Several other crops are below-average ... rye, broomcorn, dry beans, and pecans. And even though prospects for soybeans, flaxseed, and peanuts increased during September, the oil crops as a group remained at a lower level than last year.

Milk production in September was about 2% below the record total of September 1945. However, there are 4% fewer cows.

One piece of good news for the meal planner concerns the abundant supply of fresh vegetables in prospect for the fall months. BAE reports that production for the year will top that of any previous year.

* * * *

NUT NEWS

Almonds and filberts are making the headlines in news about nuts this year. Domestic production of almonds will be around 70 million pounds, in the shell, compared with the previous record of about 48 million pounds in 1945. Filberts are coming along to the tune of about 18 million pounds, also in the shell, a considerable increase over the previous record in 1943 of 14 million pounds.

Walnuts will be in evidence to the extent of 143 million pounds, which is only a little less than the record crop of '43. The only domestic tree nut crop that is substantially less this year is pecans ... over a fourth smaller than in 1945.

Commercial Trade Will Buy Most of the Crop

The greater part of these four varieties will be sold ... after commercial shelling ... to confectioners, ice cream manufacturers, and the baking trade. The home user will buy for her own use less than one-fifth of the shelled nuts. And whether she purchases them in the shell or in kernel form varies too. We don't seem to mind taking most of our home supply of walnuts in the shell, but it's a different story with almonds. Probably less than a third of these are bought in the shell. The improved varieties of pecans ... the large type usually grown in commercial orchards ... are commonly marketed in shells. The seedling type pecan, which grows wild along river bottoms in Texas, Oklahoma, and other southwestern states, are all shelled commercially.

No Price Control

None of the domestic tree nuts are now under price control. Wholesale prices on almonds, filberts, and cashews from India, so far, are considerably lower than last year. Because of the large crops of almonds and filberts, many nut mixers are now using more of these varieties in mixed nut packages.

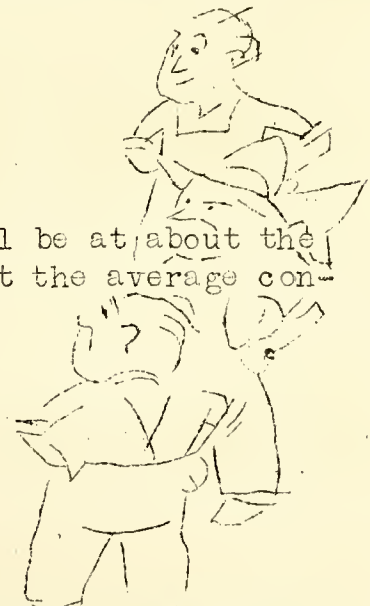
Total tree nut supplies, both domestic and imports, computed on kernel basis, will be about the same this year as last. Most other nuts will be in adequate supply, as in recent years.

There's another important member of the nut family to consider ... and according to statistics, it's the most popular one ... the peanut. If the present estimate of the peanut crop is realized, this will be the fifth consecutive year in which production has been more than 2 billion pounds. It appears very likely, therefore, that each of us can eat more than last year's average of 6 pounds of shelled peanuts per person, if we like.

* * * *

1947 FOOD OUTLOOK

The food outlook for 1947 indicates that our supplies will be at about the same high level as in 1946. It's interesting to note that the average consumption of food per person is about 15% higher than before the war, specifically, in the period from 1935-39. This was in spite of heavy exports, and was made possible by our near-record food production and reduced military demands. It will continue because exports probably will be much smaller next year, even though food production may not be quite as high.



USDA's Bureau of Agricultural Economics, in forecasting the national food situation, states that no particular change is expected next year in supplies and average consumption of the following foods:

meat, chicken and turkey, skim milk products, vegetable fats and oils, fresh fruit, (other than citrus), canned fruit juice, potatoes, sweet potatoes, and dry beans. There are likely to be somewhat smaller supplies of eggs, fresh vegetables, and milk in all forms. The use of fluid milk, cream, and ice cream is likely to be cut to some extent by the higher prices, although this will depend somewhat on the amount of money we have to spend.

Fats and Oils Remain Scarce

There are several food items which it appears will be in somewhat larger supply in 1947 than they've been this year. These are: butter, lard, evaporated milk, cheese, citrus fruit, canned and frozen fruit, wheat flour, corn products, rice, sugar, and fish. Note that the phrase is "somewhat larger," and do not anticipate material increases in the amounts of such foods as fats and sugar, which the homemaker has missed particularly. In commenting on these items specifically, the BAE report says that some moderate improvement in the tight fats and oils situation is forecast for next year. Less lard will be exported, and the butter output is likely to be somewhat higher. As for sugar, this will continue short throughout 1947, but supplies may be expected to improve over 1946 in the latter part of the year.

* * * *

PREVIEW OF VEGETABLES

Have you any idea of the quantity of vegetables each of us is eating, on the average, this year? The figure given in the 1947 Vegetable Outlook of USDA's Bureau of Agricultural Economics is 276 pounds. This is a big increase over the pre-war yearly average of 235 pounds. The forecast for next year indicates that supplies of fresh vegetables are likely to be somewhat smaller than the records of this year, but still definitely plentiful. Prices in 1947 probably will be below the former ceilings, though considerably above pre-war levels.



Large supplies of canned and frozen vegetables will move into distribution from this year's record packs. And here are some more of those per capita figures applying to processed vegetables. We'll have from 44 to 46 pounds apiece of canned vegetables, on the average, and somewhat more than 2 pounds of frozen vegetables per person.

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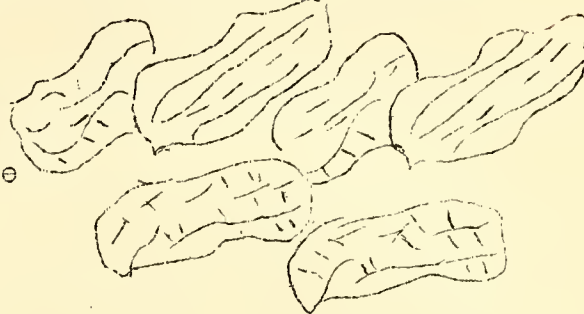
FRUIT FOR THE PRESENT

Fruit plays an important role on the menu these sugar-scarce days, so the supply line-up is very encouraging.

On the market you'll find pears, the last of the Bartletts, first of the Bosc variety, and some Anjous ... apples (three-fourths more than the low of 1945) ... cranberries (20% more than last year and far above average) ... grapes, Tokays from California and Concord from New York, Michigan, and Ohio ... grapefruit from Florida, and soon some from Texas ... oranges, chiefly from California ... dried peaches, and canned citrus juices.

POSTSCRIPT CONCERNING PEANUTS

The history of peanuts extends into various parts of the world ... the name itself, incidentally, is derived from two Greek words meaning "weed" and "under." Traces of peanuts have been found in the Aztec urns in Peru. Drawings of peanuts appear in ancient Egyptian tombs. They're reported to have been an important article of food in Africa before the 17th Century, and were the chief food of captives on slave ships.



Although peanuts are classed as nuts, they're really members of the legume family. The seed or fruit matures underground, and botanically, it bears no relation to the true nut. The peanut plant bears long shoots or "pegs." These pegs burrow underground, and there the pods grow on the end of the peg. Each pod contains from one to three delicious kernels. They're especially delicious after being roasted and salted, or blanched, ground and made into peanut butter ... or, as suggested elsewhere in this issue of RADIO ROUNDUP, after they're combined with some other food in a tasty hot dish.

* * * *

NUTS IN THE MAIN COURSE

Here are some ideas about using nuts in cooking ... not only as a means of adding flavor to food, but as a source of valuable nutrition. Many women



probably realize that nuts furnish a good deal of fat ... from about 35% to over 70% ... but it's well to remind everybody that they supply protein too. In protein value, nuts range from less than 5% to over 25%. A nut loaf can be used occasionally as the main course at dinner, and nuts can be added to certain other dishes to step up their food value. For instance, the mild-flavored nuts, especially blanched almonds, are fine in creamed fish, such as crab, tuna, and shrimp ... or in creamed chicken or sweetbreads. And nuts added to poultry stuffing will bring calls for seconds from every member of the family.

The following two recipes from USDA's food specialists illustrate the use of nuts in combination with other foods. They can be varied to fit supplies on hand, or to feature different seasonings.

Peanut and Carrot Loaf

- | | |
|--|--|
| 2 cups roasted peanuts, chopped | 1 cup dry bread crumbs |
| 2 cups chopped carrots | $\frac{1}{2}$ cup finely chopped parsley |
| 2 tablespoons fat | $1\frac{1}{2}$ teaspoons salt |
| 3 tablespoons flour | $\frac{1}{8}$ teaspoons pepper |
| $1\frac{1}{2}$ cups cooked tomato juice and pulp | |

Make a thick sauce with the fat, flour, and tomatoes, mix well with the other ingredients, and form into a loaf. Pack tightly in a well-greased loaf pan lined with paper, and bake in a moderately hot oven (375-400 degrees F.) for one hour.

Pecan and Rice Loaf

2 cups pecans, chopped	$\frac{1}{2}$ cup finely cut celery
2 cups cooked rice	1 cup dry bread crumbs
2 tablespoons melted fat	1 egg, beaten
$\frac{1}{4}$ cup chopped green pepper	$1\frac{1}{2}$ teaspoon salt
3 tablespoons flour	$\frac{1}{8}$ teaspoon pepper
1 cup milk	

Combine the ingredients and bake in the same way as the peanut and carrot loaf. This is very good served with brown sauce seasoned with chopped parsley.

The following recipe for poultry stuffing is a good one you may like to give your listeners. It gives a different touch to the chicken dinner appearing on many tables pretty frequently these days. For this, blanched almonds, pecans, walnuts, or cooked chestnuts are suggested. Here are the proportions:

Poultry Stuffing

$\frac{1}{2}$ to 1 cup of chopped nuts	3 tablespoons melted fat
1 tablespoon finely chopped onion	$2\frac{1}{2}$ cups soft bread crumbs
2 or 3 sprigs parsley, chopped	$\frac{1}{2}$ teaspoon salt
$\frac{1}{2}$ cup cut celery	$\frac{1}{8}$ teaspoon pepper

Savory seasoning, if desired

Cook onion, parsley, and celery in the fat for a few minutes. Add the bread crumbs and seasonings, and stir until well mixed and hot. Add the nuts just before stuffing the fowl.

Nut Biscuits

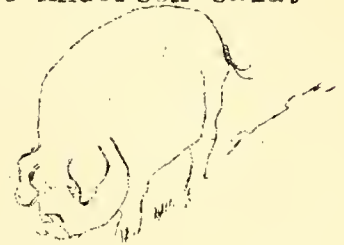
2 cups sifted soft-wheat flour	1 tablespoon fat
4 teaspoons baking powder	$\frac{1}{2}$ cup ground nuts
$\frac{3}{4}$ teaspoon salt	$\frac{2}{3}$ cup milk, or enough for soft dough

Sift the dry ingredients and cut in the fat and nuts with a biscuit cutter. Make a well in the mixture and add the milk slowly and stir from the center with a fork, until a soft dough is formed. Toss the dough on a lightly floured board, and press into a sheet about one-fourth inch thick with the palm of the hand. Cut into small rounds, brush the top with butter, and place one round over the other. Bake in a hot oven (400° F.) about 15 minutes, or until lightly brown. Serve hot.

NO MORE MEAT CEILINGS

Well, they're gone. Meat ceilings are off and housewives are waiting for the promised supply of meat. There seems to be little doubt that supplies will rise. In his statement last Tuesday, Secretary of Agriculture Anderson said:

"In order for the beef industry to be in a sound condition and able to provide a continuous supply of beef to meet consumers' demands, it is essential that the number of cattle on our farms and ranches be no larger than the carrying capacity of the pastures and range land. Otherwise, the grazing land will be depleted and future production impaired. Moreover, severe hardship for range cattle producers could result in the event of only moderately unfavorable weather.



"At the present time the number of beef cattle on farms and ranches is dangerously high, and this condition will become worse unless liberal marketings for slaughter are resumed without delay. This could not happen when there was constant agitation for the removal of price ceilings and when announcement was made that a decontrol petition would be filed at the very time that the run of grass-fat cattle should be at its height."

All Meat Out From Under

At the same time the meat ceilings were removed, all controls came off of all food or feed products processed or manufactured in whole or substantial part from livestock. Too, that term "meat" means that all meat has been decontrolled. The Secretary pointed out that because of the close interrelation of beef and other meats, it was not considered practicable to maintain controls on other livestock and other meats, even though pork, lamb, and mutton will not be as plentiful as beef.

Remember the Fat Salvage Program

Just as the meat famine ... which we hope is over ... left a blank spot where the lard supply should have been, so will increased supplies mean more lard. That in turn means there will be a drop or two more used household fats that can be salvaged and turned in to your meat dealer.

Every smart housewife uses and then reuses her precious fat supply just as long as possible. But sooner or later there will be a little bit left over that is no longer edible. That amount, small as it is, will do its share toward filling our commercial demands for fats and oils. Even though supplies of fats and oils may improve next year, they are not expected to reach prewar standards by a long shot. So, it looks now as if we will have to look to the kitchens of the country to help supply our needs for inedible fats and oils for some time yet. Tell your listeners to keep that fat salvage can convenient ... and hang on to every drop of used kitchen fat.

Fresh Food

Roundup

There's no doubt about it. The best buy for this week is Irish potatoes. We've got them from New Jersey, New York, Maine, Idaho, and all over. Potatoes are not just a best buy for this week, they're a must buy if the enormous crop is to be marketed smoothly and to the best advantage of both the producer and the consumer.

Good supplies of other vegetables are on most markets too--though they are not in the same class with potatoes when it comes to abundance. Green bean supplies are about normal for this time of the year. There is plenty of cabbage, and plenty of greens and onions.

This is the harvest season for sweet potatoes and they are crowding to market in liberal supplies. The sweets are another good buy for the week.

The peak of the cauliflower season is probably gone, but there's a good supply of the crinkly vegetable around for those that want it.

Celery supplies are about normal, and the price is reasonable. You'll find a few brussels sprouts, but they are somewhat higher than the staple vegetables.

The fruit picture looks pretty good for this week. Apples are plentiful. Avocado supplies are a little slim, and consequently expensive, but you'll find plenty of grapes and pears. The grapes are reasonably priced also. Orange supplies are increasing, and so far the number of grapefruit just about matches the number of people that want to buy grapefruit ... so everybody is happy.

The Green Food Shopping is based on general supplies and movements of fruits and vegetables. It is advisable to check on local markets to make sure these supplies are available in your community.



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Southern Edition

Radio Round-up

A weekly service for Directors of
Women's Radio Programs

October 25, 1946

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U. S. DEPT. OF AGRICULTURE
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449 West Peachtree St., N.E., Atlanta, Ga.

LOOKING FOR THE GRADE

Now that meat is decontrolled, the Office of Economic Stabilization has lifted the regulation that all meat be graded.



During the war, in order to enforce price ceilings, the OPA required that all beef, veal, lamb, and mutton be graded in accordance with federal standards set up by the U. S. Department of Agriculture. This meant that prices could be established according to quality. Because there was less variation in the quality of pork, the prices on this meat were determined on the basis of the cut or the weight.

The Purple Mark of Quality

The grades you probably saw ... "U. S. Choice," "Good," "Commercial," or "Utility" ... were stamped on the meat by the U. S. Department of Agriculture. These grade names, marked in purple ink on each cut, could only be used if they

were applied by Federal meat graders. In some small plants where it was impractical to have a Federal grader assigned, the OPA made a provision that these plants could grade their own meat ... but in accordance with the same standards used by Federal graders. Slaughterers doing their own grading were required to use the Double A, A, B, or C letter grades on their meat instead of the name terms. These letter designations are no longer in effect.

Look For the USDA Grading Stamp

The Federal grading service of the U. S. Department of Agriculture is still available to packers as it was before the war. But since Federal grading is now optional, it's up to each packing plant to decide whether or not it will have the service. Of course, meat that passes over state lines must be Federally inspected ... that is, okayed as to wholesomeness. It's just the grading for quality that is no longer mandatory. However, Federally graded meat is still on the market and homemakers can ask for it. Probably in this interim period when there is a mad scramble for meat, supplies will be purchased because they're available rather than for their relative merit. But as stocks more nearly equal demand, the homemaker who is looking for uniform quality will find Federal grades a most dependable guide.

* * * *

OUTLOOK HIGHLIGHTS

You may have begun to hear some reports from those who attended the annual Outlook Conference held a couple of weeks ago at the U. S. Department of Agriculture in Washington ... all 48 states and Puerto Rico were represented.

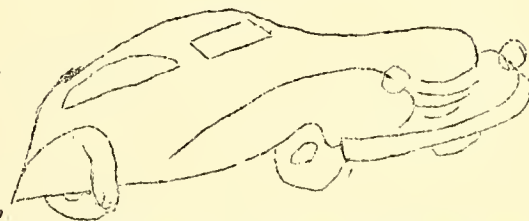
The discussions covered the international situation, the domestic situation, the agricultural situation, farm markets, the nutrition outlook, and rural family living outlook. We gave you a little information about the conference in the October 11 issue of RADIO ROUNDUP, and listed the names of several of the outstanding speakers. Here, for the record, is a brief resume of the highlights of the conference:

World Food Situation

The carryover of supplies is unusually low. Nutrition levels in most countries are below prewar, and far below desirable levels. Production of food has improved, but is still below prewar. Financing for export probably adequate.

National Situation On Supply and Demand

Production of most items is expected to catch up with demand in 1947 ... automobiles and housing are notable exceptions. The consequent shift away from sellers' markets, along with filled pipelines, will require adjustments and probably will result in decreased income payments and more unemployment in late 1947. Even at the expected lower levels, business activity and national income will be far above prewar.



Agriculture

Markets for most farm commodities will remain good, but will be affected late in the year by adjustments taking place in business as a whole. Potatoes and some types of tobacco are the most likely trouble spots, but prices of most commodities will reflect the decreases in demand expected late in 1947. Meat, dairy products, and poultry are likely to be affected less by price declines than grains, vegetables, fruits, and minor field crops.

Rural Family Living

High incomes in 1946, accumulated funds, relative freedom from debt ... all point to large family spending in 1947.

* * * *

SPICE ALLOCATIONS END

In a RADIO ROUNDUP story of October 11 we mentioned that pepper from India and mace and nutmeg from the West Indies were still under allocation. Sources of spice unavailable during the war are now opening up, and it is believed supplies will be ample to fill world requirements, so the International Emergency Food Council has decided to discontinue allocations on those two spices. No spice now remains under international allocation recommendation.

THE SHELL GAME

Now that more nuts are appearing on the market, comes the problem of whether to buy them in the shell or out. Sometimes it's just a matter of convenience, and sometimes a question of price. If you know the approximate quantity to buy in the shell to get a pound of nut kernels, you can tell whether it's worth the saving in time and effort to buy them already shelled. Here's a table to help you to figure out this problem if and when it arises.

Approximately the following quantity of unshelled nuts is required to make 1 pound of kernels:

<u>Variety</u>	<u>Pounds</u>
Almonds	1 3/4 - 2 1/4
Brazil nuts	2
Chestnuts	1 1/2
Filberts	2 1/4
Peanuts	1 1/2
Pecans	1 5/4 - 2 1/2
Walnuts (English)	2 - 2 1/4

* * * *

OFFICIAL OPENING GUN

The first national school lunch conference met in Washington early this week (October 22-23). Purpose of this meeting, attended by state and federal leaders in agriculture, public health, and education, was to provide more uniform school lunch operations in the 48 states and territories ... and to evolve recommendations that would enable long-term planning for the program.



Before June of this year, school lunches were operated on a year-to-year basis. This program has been renewed by Congress each year since 1935. Now, with the passage of Public Law # 396, school lunches have a permanent hold on life. They are part of the lasting legislation of the land. For on June 4 of this year, the President signed the National School Lunch Act, in recognition of the fact that good health is an obligation of the nation to its young.

Welfare of Children Comes First

Paul Stark of the Production and Marketing Administration served as chairman of the conference. He opened the meeting with a statement from President Truman: "Nothing is more important in our national life than the welfare of our children, and proper nourishment comes first in attaining this welfare ... Even in this first year of operation under the new permanent legislation, nearly 8 million boys and girls are expected to receive the benefit of school lunches. This is a splendid start, but we must look forward to the day when the lunches are available in every community in every state and territory."

Conference Speakers

Speakers at the conference included N. E. Dodd, under secretary of agriculture; Robert Shields, PMA administrator; Dr. E. B. Norton, U. S. Office of Education; Dr. Thomas Parran, surgeon general, U. S. Public Health Service; Father William J. Gibbons, S. J., associate editor, America, the National Catholic Weekly; and Dr. Hazel Stiebling, Bureau of Human Nutrition and Home Economics, USDA.

Better Citizens - Better Markets

Mr. Dodd gave an account of conditions in Europe ... presenting a grim first-hand picture of malnutrition verging on starvation. He said that during his recent visit to 17 countries, he saw thousands upon thousands of hungry people who fitted the expression "ill fed, ill clad, and ill housed."

Then he turned to the American scene, and said that school lunches are a recognition of social progress. Besides providing an expanded market for the American farmer, they help build better citizens. He closed his humanitarian remarks by saying: "The well nourished child stands ready to understand and absorb the meaning of our American tradition of freedom and democracy."



Dr. Norton, speaking for the educators, stressed the tremendous, "fearful" responsibility of the school lunch administrator in the program. He spoke from experience ... for, as he said: "I have tried to teach hungry children."

One of The Most Important Laws of our Times

Dr. Parran referred to Public Law # 396, the National School Lunch Act, as one of the most important health laws of our time. "The school lunch can supply one-half of the child's daily food needs. It can train him in proper food habits. By adding nutrition ... it helps to develop the healthful body, the free mind."

The Surgeon General of the United States was saying to the leaders of agriculture, education, and public health that the objective of the school lunch program is a sound mind in a sound body ... that it will train our school children to accept democracy in the kind of world we want. Moreover, the program is in line with the basic American urge for something better. We are no longer satisfied with two chickens in every pot, but want at least a hog and half a beef in every deep-freezer... as a commentator recently said. "May we set our sights for the well being of our children equally high," said Dr. Parran, "and strive with equal vigor to reach them."

School Lunch A Socializing Influence

Dr. Hazel Stiebling's remarks pointed out that the school lunch is a potential socializing as well as nutritional instrument. Efforts must be made to mould the right attitude toward new foods, a well-balanced meal and the clean platter. Furthermore, there must be careful planning to make sure that the foods served in various communities supplement local deficiencies.

This is to say that the ideal school lunch program exists within the nutritional pattern ... but emphasizes the foods that are lacking in the home meal.

The opening gun for the permanent school lunch program was a sustained, healthy boom. The obligation of Congress to its school children is well on the way to fulfillment.

* * * *

ATTENTION ON APPLES

It's probably no coincidence that National Apple Week (October 26 to November 2, inclusive) is also Halloween Week, because apples always have been an important feature of this celebration, in both games and refreshments. It's particularly appropriate to celebrate this year's apple crop too, because it promises to be plentiful ... about 120 million bushels, compared with only 68 million in 1945.

RADIO ROUNDUP already has given you some apple information ... (see "Apple Prospectus" August 23, and "Apple Appeal" September 6) ... but here are a few more ideas to pass along to your listeners. USDA's food specialists say be sparing with water when you're cooking apples, because this fruit naturally has plenty of water. When you're making applesauce or baked apples, use just enough water to keep the fruit from sticking and scorching. You won't need any water for scalloped apples, pie or apple betty.

Go Easy on the Spice

And remember that while spices blend well with the flavor of apple dishes, they should be used judiciously, so that they won't steal the taste spotlight. A pinch of salt is a help ... so is a sprinkling of nutmeg or cinnamon. However, nutmeg should be added to applesauce just before serving; otherwise it may develop a bitter flavor.

Sugar Savers

Another fine feature of apples, especially appreciated in these sugar-short days, is that on an average, they're about 10 percent sugar. Varieties differ, of course, but many kinds of apples need very little sweetening when they're cooked. Corn syrup, molasses, or honey ... when you can get them, can be used for sweetening in the same quantity as sugar. When you're baking apples, try this trick ... stuff the centers with raisins or dates. Their natural sweetness, added to that of the apple, will cut down considerably on the amount of sugar needed.

Eat Them, Bake Them, or Make A Pie

There are three different types of apple on the market ... the dessert apple, good for eating out of hand, but not so satisfactory for baking and cooking ... the baking apple ... and the apple that's perfect for pies and sauce. And, there are several varieties that fit into all categories ... general-purpose apples, they might be called. Some of these are the Jonathan, Grimes Golden, and the Wealthy, (all three in their prime right now) ... the Stayman, McIntosh, Spitzenburg, Northern Spy, Wagoner, and Baldwin.

Among the apples that are specially good for baking, because they keep their figures nicely, are the Rome Beauty, Stayman, Golden Delicious, Northern Spy, Baldwin, the Arkansas Black, and the Black Twig. For apple sauce and pie, fruit that will cook tender in a short time is ideal. Among these varieties are the York Imperial, Rhode Island Greening, Northwestern Greening, Arkansas Black, the Stark, and ... again ... the Stayman. As for that first type we mentioned, the dessert apple ... the Delicious is typical of this variety.

Whatever the variety, and whether you serve it as is or cooked ... these are the days to make the most of the appealing apple. It certainly belongs at the top of anybody's shopping list, alphabetically and otherwise.

* * * *

POSSIBLE SUGAR STAMP EXTENSION

By the time you read this, it's possible that an extension of the time limit on canning sugar stamps, Spare Stamps 9 and 10, may have been granted by OPA. The stamps are due to expire October 31st, you know, and news that a reprieve was under consideration leaked out this week. On checking with OPA, we were told the matter has been pending for some time, and that the decision is expected daily. OPA recognizes that spotty distribution of sugar, due to transportation difficulties, the boxcar shortage, maritime strikes, and so forth, has made it impossible for homemakers in many parts of the country to use these stamps.

We suggest that you watch for this announcement, in event it hasn't already been made.

* * * *

OIL ORDERS REVOKED

The Department of Agriculture has revoked all its war food orders that controlled vegetable fats and oils and lard ... with the exception of an order on the purchase, sale, and use of 1945 crop peanuts and an order regulating oil imports. The Department will also continue to allocate exports.

This cancellation of orders does not mean fats and oils are in any better supply. Rather, the lifting of price ceilings on edible oils has made it impractical to attempt further regulation. There are thus no orders on the distribution and use of cottonseed, peanut, soybean, and corn oils. Manufacturers can use any amount of these oils they can purchase for edible oil products, for protective coatings, floor coverings, and soap. While the war food orders were in effect, the limited supplies of fats and oils were allotted to food and industrial manufacturers on a percentage basis. Now all manufacturers can operate on a competitive basis.

The war food order on 1945 crop peanuts is maintained because many shellers have contracts with the Commodity Credit Corporation for crushing these peanuts, and legal difficulties might arise if the order was cancelled at this time.

The revocation of the control orders will not end the need for salvaged kitchen fats. The more salvaged household fats turned in, the larger our national inventory of inedible fats for industrial and soap production.

Fresh Food



Roundup

For the best "abundant" of the week, we present the lowly Irish potato, and still more of them are on the way. Potatoes are plentiful now, but about the first half of November will see a late crop of no mean proportions--350 million bushels strong--head for retail markets all over the country. This late crop, added to the already-harvested early and intermediate crop, will give us a total Irish potato production of 471 million bushels--the largest Irish potato crop ever harvested by this country. The USDA, the farmer, and the groceryman alike are hoping consumers will buy potatoes and still more potatoes this year.

Runners-up on the plentiful list for this week are sweet potatoes, onions, and cabbage. This is the harvesting season for sweet potatoes. Wise shoppers will take advantage of this fact to buy them while they are plentiful and relatively cheap.

Celery supplies are moderate. Cauliflower is in fair to moderate supply at reasonable prices. Carrot supplies are about as usual. Specialists tell us carrot supplies remain fairly steady the year around on these markets.

Green beans are in pretty good supply, with the promise of an increase in the near future. The Florida bean season is opening up and the pickers have gone to work. The fruits of their labors should be on markets in a short while.

Citrus fruits--oranges and grapefruit--are crowding apples for a place on the plentiful supply list. Grapes and pears have dropped down to the moderate category, but there are enough for all takers.

The Fresh Food Roundup is based on general supplies and movements of fruits and vegetables. It is advisable to check on local markets to make sure these products are available in your community.



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Southern Edition



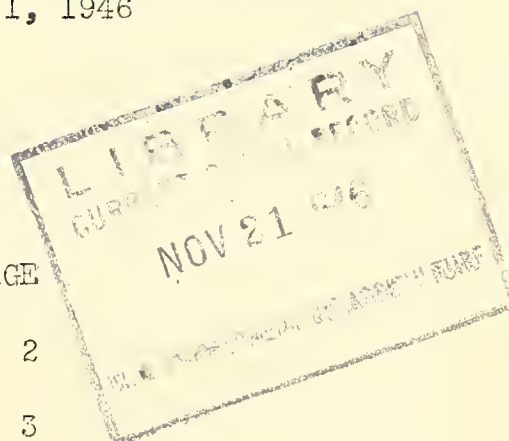
Radio Round-up

A weekly service for Directors of
Women's Radio Programs

November 1, 1946

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U. S. Department of Agriculture
Radio Service

Address inquiries to:

Information Service -- Southern Area
Production & Marketing Administration
U. S. Department of Agriculture
449 West Peachtree St., N.E., Atlanta, Ga.

LEATHER, FUR, AND FELT MAKE-OVERS

Making a silk purse out of a sow's ear actually doesn't seem like such a hard task after looking over the new 16 page bulletin just issued by USDA's Bureau of Human Nutrition and Home Economics. It's called "Make-overs from Leather, Fur and Felt" (M. P. #614) and it's full of fine ideas for making something from practically nothing. Not only will it help any family stay within its clothing budget by conserving expensive materials ... it may help to answer some of the Christmas gift questions we'll be asking ourselves very soon.



Make them Over.

Make Them Over

The clothing specialist who did this research points out that many of these materials are no more difficult to handle than cloth. Often, however, we tuck them away in the attic, or leave them hanging in closets for years, because we're not quite sure what to do with them. This booklet explains how leather articles that are only slightly worn or faded can be restored and used for a longer time. Or they can be ripped apart, cleaned, dyed or polished, and made into something usable ... slippers,

belts, change purses, or bindings and trimmings on gloves, mittens, jackets or play coats.

Instructions are given for cleaning and glazing fur at home ... and for dyeing, cutting, sewing, and finishing fur to make such articles as mittens, slippers, caps, and trimmings from pieces no longer usable in their original form.

Renovate Those Old Felt Hats

As for felt, a great many attractive and useful things can be made from fur or wool felt ... bags, belts, gloves, slippers, suspenders, and trimmings of various kinds. The bulletin also points out that very often discarded felt hats have been worn so little they can be renovated easily ... full directions for doing this are given.

From Coat to Weskit

A number of the interesting articles pictured in the bulletin were shown in an exhibition of clothing make-overs of various kinds at the Department of Agriculture in Washington this week. Visitors said it furnished a real incentive to them to go home and search through every closet in the house, plus the attic, for the wherewithal to make such effective accessories. There was a girl's weskit and cap made from an old brown and white checked wool coat, bound with brown suede from a discarded handbag ... a boy's vest, cap and mitten set, cut from an old leather jacket ... a good-looking tailored handbag, made from a worn black leather briefcase ... a novelty belt from a pair of braided leather suspenders ... a pair of clover mittens made from a black persian lamb collar and a bright red felt hat.

Now, while many materials are still rather scarce, and prices high, is a good time for you to pass along information of this kind to your listeners. You can tell them to request the bulletin by name or number, directly from Radio Agriculture, Washington 25, D. C. There's no charge, of course.

* * * *

A TIP ON TURKEYS

It isn't too early to start thinking about Thanksgiving, and about the turkey which will be the star of the Thanksgiving show in many homes. The experts from USDA's Production and Marketing Administration, men who have the opportunity of checking the quality of turkeys from all parts of the country, tell us that the surest way to get a good turkey is to buy a graded turkey.

Buy By The Grade

If a bird has been graded by licensed U. S. graders, it will be marked A, B, or C ... and in any grade, you can be sure it's perfectly wholesome. When the butcher asks if you're going to want a turkey for Thanksgiving, tell him it's a graded turkey you want. And when delivery time comes, check on the grade by looking for the grade tag on the turkey itself, or for the grade name on the box in which it was packed. Usually the tags are fastened into the web of the wing. On one side of the tag the grade is shown, and on the other side, the state from which the bird came. Sometimes the name of the shipping organization appears on a supplementary tag.



In brief ... plan to order a graded bird ... and then check the tag on the turkey, or the mark on the box, to be sure you get what you order.

* * * *

WAR FOOD ORDERS MAKING EXIT

The aim of the food program of this country during the war was to support our armed forces and civilians, and contribute to the needs of our Allies and the liberated peoples. To assure fair distribution of available food, the U. S. Department of Agriculture issued war food orders. They were really a form of rationing, only instead of being applied at the retail level ... they were enforced at the production or distribution level. Over 170 orders have been issued since the beginning of the war. Only 24 of them remain in effect. The few that remain are necessary because they deal with scarce foods like sugar and rice; or they regulate certain food imports; or assure that items will be made available to meet military or export commitments.

In last week's Radio Roundup, we mentioned that all food orders on vegetable fats and oils and lard were removed, with the exception of the order on 1945 crop peanuts.

Bread Order Revoked

The cancellation of War Food Order No. 1 a few days ago is also of interest to many consumers. As you know, this order provided for enrichment of all commercially baked white bread; banned consignment selling of bread; restricted the number of varieties of bread and rolls; and since June has required a 10 percent reduction in the weight of bread and rolls.

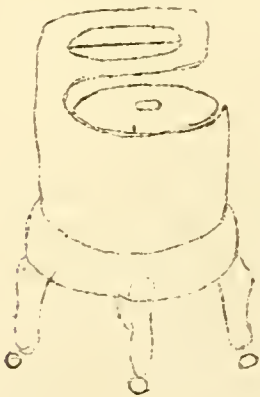
Before this order went into effect, about 70 percent of our commercially baked white bread was being enriched. Though enrichment is no longer a Federal law, it's expected that many bakers and millers will voluntarily enrich their products. At present 18 states have legislation requiring bread enrichment. Now is a good time for broadcasters to point out to their listeners the importance of reading bread and flour labels for this assurance of enrichment. Also, loaves should be bigger.

The only food orders now in effect on our wheat supplies are those that prohibit this grain for use in distilled liquors, or limit the quantity or quality of wheat that may be used in livestock feed or malted beverages. Also in effect is the restriction that limits the manufacture of flour for domestic distribution to 85 percent of the amount made on a monthly basis last year. These measures are needed to conserve wheat and flour for domestic use and for export.

* * * *

NEW APPLIANCES CAST THEIR SHADOW

At the Outlook Conference held in Washington in October, one of the most interesting discussions (from the standpoint of the homemaker, that is),



concerned the outlook for household appliances... The report was made by two of USDA's household equipment specialists from the Beltsville Research Center, who'd just returned from a swing around the country ... visiting fifteen or more manufacturers, and asking a lot of questions. First of all, they warned that production is from six months to a year behind schedule, though makers are doing everything possible to get materials and speed up production. They found that many firms which make both large and small appliances are diverting certain essential materials, such as copper, say ... from small items like fans and food mixers to the more important stoves, refrigerators, washers and so forth.

Here, briefly, is a summary of their comments, by individual items:

Washers

The conventional, non-automatic types are the same as the prewar models. The new styles coming on the market are all in automatic style. Top opening

seems to be more popular than the side opening, so that's being used more in the new models. Among the few special features is one style combining a clothes washer with a dish washer; this has two interchangeable tubs. It is not the fully automatic style, by the way. Then there's one with an automatic cut-off that operates when the lid is raised. Another has an interior light.

Portable washers are being made too, and these are recommended for auxiliary use, especially in families where there's a baby, for the smaller garments.

Ironers

The new ones are little different from the old styles ... both the flat and the roller type are being shown. The latter is being made in a portable style also.

Flat Irons

Cordless iron is the newest. In this the wattage is higher than ordinary irons. It's heated by the platform on which the iron stands ... the cord being attached to this. The maker says the heat remains reasonably constant because of the frequent replacement of the iron on the stand. The main advantage is the elimination of the dragging cord from the iron.



There's something new in steam irons ... though these have been on the market for some time, as you know. The new style can be used with or without water, for steaming or regular ironing.

Driers

One new model has forced hot air circulation and temperature control; it tumbles the clothes dry.

Ranges

These too are much the same in style as prewar models. Nearly all have three top units and well-cooker, in various arrangements. There is a new twist in connection with the well-cooker of one range ... the heating element can be raised from under the cooker to the top of the range, to be used the same as the others. Every stove manufacturer seems to be trying to make good use of all non-cooking space, turning it into work area, storage space, etc.

Refrigerators

The new ones follow the old styles, mostly, largely because of the difficulty in getting new dies. Most boxes now have ice cube compartment at one side rather than in the center, thus providing more usable storage space. Eventually there will be boxes with two temperatures which will provide for storing frozen food in refrigerator.

Home Freezers

Many styles are being made, both chest and upright. USDA experts warn that the market will be flooded eventually and it's doubtful whether all of them will stand up against competition. Therefore, some makers are bound to go out of business, leaving "orphan" freezers around.

Vacuum Cleaners

Many new ones are much lighter in weight. One style has an arrangement by which dirt is deposited in water, which can be emptied into the drain. There are several types made without the conventional bag, and makers advertise that dirt won't blow back into the air.

Toasters

Newest thing is plastic toaster, in various colors.

Hot Plates, Mixers, Electric Fans

Not much new in these, and supplies are rather scarce.

Pressure Saucepans

Supplies are better on these than on many other items, because about 40% of the aluminum going into utensils is being used for them.

The conclusion is that householders should be encouraged to continue taking good care of household appliances, because it will be at least another six months, maybe longer, before they'll be available in any quantity.

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4-H CLUB HEADLINES

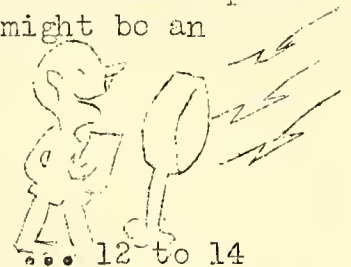
These are big days for the 4-H Clubs of the United States ... the week of November 2-10 is Achievement Week, and the period from December 1-5 sees the 25th National 4-H Club Congress meeting in Chicago. In this first year of 4-H Club accomplishments since the end of the war, the production and conservation of food have been stressed, and during Achievement Week, the public will learn about the work these boys and girls have been doing. There are 75,000 4-H Clubs across the country, with a membership of more than a million and a half. Through the club in your own community, you can probably arrange for an interview with one of the members, which might well be a very interesting program feature for Achievement Week.

As you may remember from other years, at the Congress in December, a number of project competitions are held ... the national Health Champions are chosen ... and prizes are awarded by various civic and business groups.

From all we've heard, this year's Congress promises to be extremely interesting.

Want A Transcription?

How would you directors of women's radio programs like to have a transcription made at the Congress especially for use on your program? It might be an interview with one or more of the contest winners from your own State. For more information about the Congress, and about the boys and girls from your State, you can make inquiry of the State Extension editor whose name and address follows. The cost of records will be \$10 for one side, plus shipping charges, and \$19.50 for two sides ... 12 to 14 minutes on each side. If shorter cuts are desired, we can put two on a side. The platters will be air-expressed immediately after cutting.



November 25 Deadline

It will be necessary that we have your request not later than November 25th in order to make the necessary arrangements for these transcriptions. This should be in the form of an official order, including definite directions on length of cuttings, the participants, and shipping instructions.

Please mail your order to Kenneth Gopen,
Chief of Radio Service, U. S. Department
of Agriculture, Washington 25, D. C. Re-
member ... November 25th is the deadline.

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Fresh Food



Roundup

This week we have potatoes. If they are not on your markets now, they will be soon, because November will find retail markets playing hosts to millions of bushels of late potatoes. They are our best abundant food ... so very abundant, in fact, that we're asking all Roundup readers to help us sell them.

Aside from Irish potatoes, buyers will find good supplies of onions, cabbage, sweet potatoes, rutabagas, and fair supplies of green beans. These are the best buys of the week.

Supplies of other vegetables vary. Carrot supplies and prices remain unchanged from last week. Greens are in moderate supply and fairly cheap. Okra is light and high. Celery and lettuce are moderately priced, and while the supply is not swamping the markets around this section, there's still enough to go around.

Tomatoes are the holdout of the week ... supplies are light and the price trend is definitely on the upward side.

Apples and oranges are the best fruit buys of the week. Oranges, nearly all of them from Florida, are plentiful and the supply is still increasing. No tangerines have showed up yet. It will be two or three weeks yet before we can tickle our appetites with this tasty fruit.

The Fresh Food Roundup is based on general supplies and movements of fruits and vegetables. It is advisable to check on local markets to make sure these products are available in your community.



Southern Edition



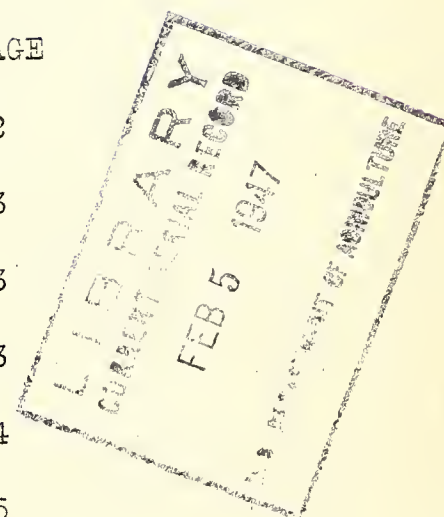
Radio Roundup

A weekly service for Directors of
Women's Radio Programs

November 8, 1946

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U. S. Department of Agriculture
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U. S. Department of Agriculture
448 West Peachtree St., N.E., Atlanta, Ga.

MEAT ON THE MARKET

Last week, Federally inspected slaughter plants produced more beef and pork than at any time since meat was decontrolled. With more meat now on the market ... particularly beef ... the family purchasing agent can shop once again for the cuts that will best fit her pocketbook.



It's well to remember that the less tender cuts of beef make up about three-fourths of the carcass. Therefore, wise cooks will brush up on their knowledge of these cuts, and their preparation, so that they can make good use of them. (Refer to October 25 RADIO ROUNDUP story "Looking for the Grade".) According to the food specialists of USDA, these less tender cuts of beef classified according to their use in cooking, are as follows:

Steaks: chuck, shoulder, flank, round, rump.

Pot roasts: chuck ribs, cross arm, clod, round, rump.

Stews: neck, plate, brisket, flank, shank, heel of round.

These cuts require long, slow cooking in a covered pan with water or steam. Incidentally, meat cooked in water or steamed is juicier if cooled in the broth for an hour or longer. To make the most of food value and flavor, cook meat until it is tender, but don't overcook. Stuffed roasts and braised or stewed cuts should be cooked until the meat is tender when speared with a fork or a skewer.

Grind The Tough Cuts

The tougher cuts of meat can be ground and prepared in many delicious ways. In many families, ground beef always appears as plain meat patties or meat loaf; you might suggest to your listeners that there are other interesting ways of serving it. For instance, hamburger steak with cream gravy is a fine cold weather main course...so is chili con carne. And left-over cooked ground meat will please the family in croquettes, cabbage rolls, meat turnovers, stuffed peppers... or hash. When it's properly prepared, there's nothing better than good old-fashioned browned hash.

Don't Overlook The Soup Pot

Don't overlook the soup pot when you're making use of the less tender cuts of meat, either. A large soup bone will furnish the basis for a delicious meat and vegetable soup. Beef shank or neck, or some other similar cut, combined with vegetables and spices gives a savory bouillon and with two and/or three oxtails you'll have the beginning of a famous and flavorful soup.

Don't hesitate to recommend the less tender cuts of meat...a bit of care

in their preparation will make them as delicious as most of the higher-priced steaks and roasts. And they certainly will make the meat dollars go further in any family budget.

SUGAR SCORE

Sugar is now coming into the eastern shortage areas in better amounts, with the unloading of previously strike-bound ships, and as American ships start plying between Atlantic ports, Cuba, and Puerto Rico. It will take a bit of time though for supplies to catch up with demand since a lot of ration evidence has been backing up the last few months. And sugar will continue scarce in some western areas that depend on Hawaii for supplies until the strike there is settled.

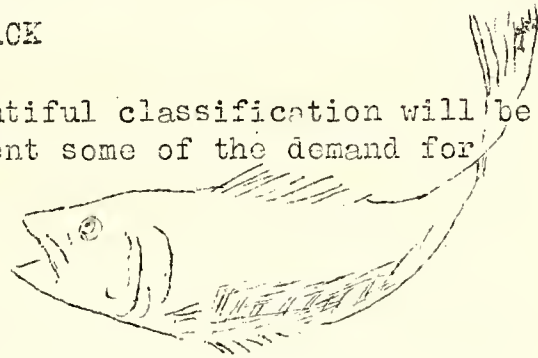
There is very little chance of larger sugar rations until next April, when the yields in Cuba and Puerto Rico will be pretty well known and the Louisiana-Florida cane harvest will be in. The Philippines can not be counted on for sugar next year, because the cane plantations burned to the ground during the war will require additional time to get back into production.

December Plentifuls

The foods that will be plentiful for the nation during December are: potatoes, onions, apples, pears, dried peaches, canned citrus juices, and fresh and frozen fish (except shellfish). Filberts, almonds, and cranberries will also be adequate to meet consumer demands.

THE FISH PACK

Fresh and frozen fish which are in the plentiful classification will be called upon in the months ahead to supplement some of the demand for canned fish. Our supplies of canned fish are at least 10 percent below the pre-war level of 5 pounds per person, and 7 percent below the 1945 pack.



Landings of pilchards (California sardines) and salmon were smaller than expected. Production of salmon, in fact, is the lowest since 1922. Only the tuna pack was substantially larger than in 1945.

There will not be much improvement in supplies until 1948. The reason for this is that even though the pack next year may be larger, it will take until the first part of 1948 to reach retail stores.

TREAT YOUR REFRIGERATOR KINDLY

Apropos of the story on household appliances in last week's RADIO ROUNDUP, here are some tips from USDA's home economists about proper care for your refrigerator. You'll remember we passed along the warning of our research people that it may be some time...from six months to a year...before all the orders for new refrigerators can be filled. Therefore, it's up to homemakers to take good care of the old one, so that it will give the best possible service. Here are some important suggestions:



Keep It Cool and On the Level

Make sure the refrigerator is in the coolest convenient spot in the kitchen, and also that it's level. It should be out of the sun, away from radiators, hot-air registers, and the kitchen stove. If electricity, gas, or kerosene provide the power, there should be at least $2\frac{1}{2}$ inches between the back of the cabinet and the wall, and from 8 to 12 inches of open space above... unless there's a special flue to provide ventilation. Air must circulate freely to carry the heat away from the refrigerator.

*Call an Authorized
Repairman*

Keep It at the Right Temperature

The temperature of the refrigerator should not be higher than 50 degrees, but only the freezing compartment needs to be colder than 40 degrees. If in doubt, check with a reliable thermometer. After quick-freezing be sure to turn the temperature control back to normal setting immediately. If it's an ice refrigerator, keep the ice compartment well-filled. Don't cover the ice to save it; because it cools the refrigerator only as it melts. Open the door only when necessary and shut it promptly.

Defrost Regularly According to Directions

Don't put off defrosting until the frost becomes thick on the evaporator, because this slows down the cooling of food. Defrosting should be done before the frost is a quarter of an inch thick. To hasten the proceeding, remove the ice-filled freezer trays; if recommended by the manufacturer, you can speed it up still more by keeping the trays filled with hot water during defrosting.

Keep Refrigerator Clean

Wipe up spilled food at once; avoid putting acid food, such as tomatoes or lemons, against the enamel finish. Guard the rubber seal around the door against food or grease. When you defrost is a good time for cleaning.

To clean the inside, dissolve one level tablespoon of baking soda in each quart of warm water used. Be sure to wash both inside and outside of the cooling unit too. Water and soap, instead of soda, should be used to wash the rubber seal, also the shelves, drip pan, ice trays, and the fruit and vegetable containers. Never use harsh, scratchy cleaning powders. Mild soapsuds should be used for cleaning the outside and for the metal trim. Finish by rinsing and drying.

If it's an ice refrigerator, don't forget the drain pipe and trap. They should be cleaned thoroughly every few weeks. Once a week, flush out the drain with warm water and soda.

Keep the condenser free from dust and lint. In some refrigerators it may need cleaning every month; in others once in 6 months will be enough. The condenser is located at the back of the refrigerator or in the motor compartment. A stiff brush or the dusting tool of the vacuum cleaner is best for this. An electric refrigerator always should be disconnected before this job is done.

Take Care of Repairs Promptly

If your refrigerator suddenly stops running first check the fuse. If it's only a blown fuse, you can replace this yourself. If repairs are necessary, have them made only by an authorized service company. Whenever an electric refrigerator is not to be used for some time, disconnect it. For gas or kerosene models, turn off gas or shut off oil. Remove food, defrost, clean cabinet, leave ice cube trays empty on shelves, and leave the door of the refrigerator ajar.



And don't forget that all these precautions apply just as much to that new refrigerator, as soon as you get it...to insure a long, useful life.

FALL SALAD BOWL

The latest report on vegetables indicates it should be easy to toss together a delicious green salad bowl for autumn luncheons and dinners, using plentiful vegetables entirely.

There's crunchy cabbage galore...a fine supply of crisp celery... and plenty of onions...and peppers (green) to add brighter color as well as flavor.

Then, for good measure, the abundant vegetables include beets and cauliflower. The latter can make its appearance raw in that salad bowl, as the little flowerets are delicious au naturel. As for the beets, let them lend their attractive color to this fall salad. Dice them or cut them in strips, after cooking, and scatter them over the top, or mix them in at the last moment, so they won't stand too long and color all the other vegetables.

As a main course at luncheon, or a side issue at dinner, the homemaker should make the most of the fall harvest of fresh vegetables.

FISH FROM FLORIDA

Good catches of fish are reported from the Jacksonville, Florida, area this week. That's a fair indication that fresh fish supplies will be pretty good on most markets for a week or so.

Mullet in particular is being produced in good quantities. The fact that mullet is eaten almost entirely in the south and catches are made almost entirely in the south Atlantic and the Gulf of Mexico has earned mullet the title of "southern fish." It ranks first in poundage of all the edible fish produced in this part of the country. It's a year-round fish that is caught and marketed 12 months out of the year, but the greatest quantities are caught during the fall and winter months. The fall run has now started, which accounts for the plentiful supply on markets.

If you're not interested in mullet, look around for supplies of red snapper, trout, frozen red perch fillets, whiting and whiting fillets and cod fillets. Most markets are amply supplied with these varieties also.

There are a lot of good candidates for baked fish in the supplies now on the market. We've eaten fish a lot during the past several years, but not even repetition can dim the lustre or dull the appetite appeal of a steaming platter of baked fish. Here's one way to fix a whole fish into a dish that's really worth eating.

Baked Whole Fish

A 4-pound fish	1 teaspoon thyme or savory seasoning
Butter or other fat	6 tablespoons melted fat
Stuffing:	3/4 teaspoon salt
1 quart of bread crumbs	1/8 teaspoon pepper
3 tablespoons finely-chopped onion	
3/4 cup of celery, finely cut.	

Cook the celery and onion for a few minutes in the butter(or other fat). Mix the other ingredients and add to the butter mixture.

Remove the head and tail of the fish if you choose. Split the fish down the belly, being careful not to cut the roe. Remove the backbone if desired. Wipe the fish with a damp cloth, salt it inside and out, and let stand about 10 minutes to absorb the salt. Preheat the oven to 500°F. Stuff the fish and sew with string to retain the dressing. Place it on a greased rack in a baking pan and sprinkle the top with melted butter. Bake at the high temperature for 10 minutes; the lower the heat at 400°F and cook 20 to 30 minutes longer. Serve at once.

POTATO POINTERS

Potatoes are a good source of vitamin C and contain some B vitamins, iron and other important minerals, and starch.

For untold centuries before the white man came to the New World, the American Indians were eating the white potato. Explorers first sampled this succulent tuber in Peru, in the days of Pizarro. It was from the North American colony of Virginia however, that the white potato first reached Europe.

Mealy, flaky potatoes are good for baking and mashing. Waxy varieties are best for salads and for creaming since they hold their shape.

Sir Francis Drake has been credited with carrying the first potatoes to England.... from the New World. The story goes that Drake gave them to Sir Walter Raleigh, who planted them on his estate near Cork. That's how the first "Irish" potatoes of northern Europe happened to grow in Ireland. They were called "Irish" potatoes because the English, when they began to eat them, got their supplies from Ireland.



Potatoes lose some of their nutritional value in soaking; if they must be peeled ahead of time, put them in salted water. The longer they stand exposed to air, the more vitamin C they lose. Left-overs should be covered and kept in a cool place until used.

The family dinner table is one of the principal outlets for potatoes. You'll be helping to solve the potato problem, and also helping the meal-planner, when you suggest increased use of potatoes throughout this month.

Plan potatoes for every meal of the day....potato pancakes or griddle scones for breakfast....potato puff or potato soup for luncheon....potatoes baked or boiled, mashed or hashed brown for dinner.

Potato Griddle Scones

2 cups sifted flour	2 tablespoon fat
1 teaspoon salt	1 cup cold mashed potatoes
3 teaspoons baking powder	1 egg beaten
1/3 cup of milk	

Sift together flour, salt, and baking powder. Cut in fat with 2 knives or a pastry blender. Blend in the potatoes. Mix egg and milk; add to first mixture. Mix slightly. Roll 3/8 inch thick and cut into squares. Bake slowly on a hot greased griddle or frying pan. Turn several times to cook through. (Makes 10 to 12).

Fresh Food



Roundup

We hate to repeat our statements...but it can't be helped. Irish potatoes are still the best buy on the market. That 351-million-bushel late crop we keep talking about is crowding the market looking for buyers.

Runner-up on the plentiful list is cabbage. North and South Carolina both report more cabbage than they know what to do with in a hurry. In all probability price support purchases will be made in both states by the U. S. Department of Agriculture. When cabbage gets that plentiful, it needs a little plugging to help move the crop along. So that's two good buys for the week--Irish potatoes and cabbage.

Other supplies run about the same as last week..Onions, sweet potatoes, and greens are all good buys...most of them economically priced. Turnips are cheap, also, probably from a slow demand rather than an abundant supply. Still, if they are cheap, that makes them a good buy, no matter what the reason for the price.

Celery, rated a plentiful crop from a national standpoint, is in moderate supply around here this week. Even so, you should have no trouble buying all you want.

Eggplant and squash are in moderate supply and reasonably priced, unless you insist on choosing the fancy grades. They cost a trifle more.

Apples and oranges are good fruit buys for the week. A small truckload of pecans arrived at the wholesale market here in Atlanta, but the price was sky high. Think we told you the pecan crop was on the short side this year.. which accounts for the price. Supplies of pineapples come in pretty regularly, but they are high, and there's not too many of them.

The Fresh Food Roundup is based on general supplies and movements of fruits and vegetables. It is advisable to check on local markets to make sure these products are available in your community.



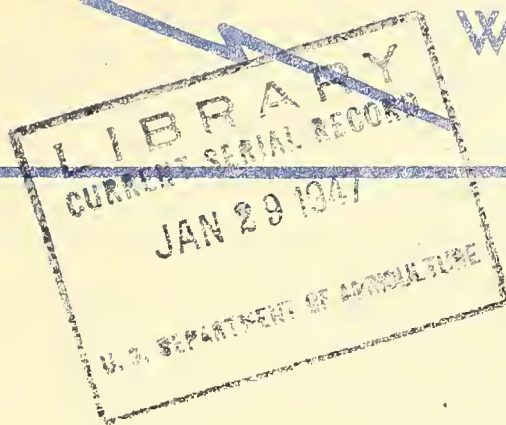
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Southern Edition

Radio Round-up

A weekly service for Directors of
Women's Radio Programs



November 15, 1946

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U. S. Department of Agriculture
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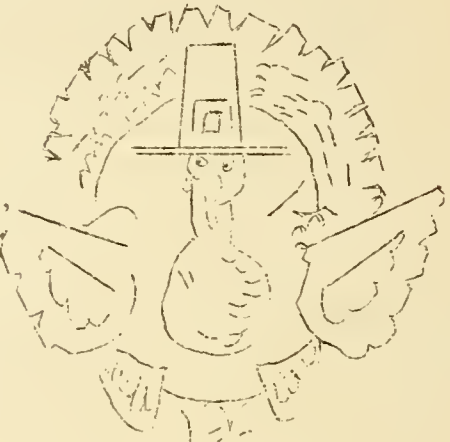
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449 West Peachtree St., N.E., Atlanta, Ga.

T-DAY NOTES

The big day is less than two weeks away now ... Turkey Day is the reference, of course. It's a good time to pass along to your listeners some final tips about the selection of the Thanksgiving turkey.

Graded Bird Is The Best Buy

We've already pointed out (RADIO ROUNDUP November 1) the advantages of ordering a graded bird in advance. However, many people will probably just drop in at the market and pick out the turkey a day or two before Thanksgiving. If the shopper must rely entirely on her own judgment, it's a good idea to keep in mind some of the qualifications the government graders consider when they're grading dressed turkeys. There are 55 points on which a bird is rated when these men are on the job ... of which the average shopper surely should be able to remember two or three.



Pick The Plump Turkeys

The bird should be fully fleshed, with a cover of fat over the entire body. A plump bird will provide plenty of white and dark meat, and the fat will assure its being tender and juicy. The care with which the birds have been dressed also should be taken into consideration. Bruises, abrasions, scuffs, and broken bones lower the grade of a turkey, no matter how fat and fine it is.

It's worthwhile to make a careful selection of the piece de resistance of the Thanksgiving dinner ... and to choose a turkey which will fill the position of honor with distinction.

* * * *

THE FOOD PICTURE

Here's a general summary of the national food situation, as of November 1, based on the latest report from USDA's Bureau of Agricultural Economics.

Food supplies will be relatively large during the next few months, with the principal exceptions of sugar, fats, and their products. Supplies of some foods, including chicken, eggs, butter and other fats, dried prunes and raisins, and sales of fluid milk, will be somewhat smaller during the next few months than they were in the latter part of 1945. However, larger quantities of other foods will be available, and these include cheese, evaporated milk, canned and frozen fruit, apples, citrus fruits, cranberries, grapes, canned and frozen vegetables, potatoes, dried milk, corn food products and canned fish. Other foods will be in about the same supply as in the latter part of 1945.

Retail Food Prices Going Up

As for retail food prices, these will average materially higher than a year ago, as a result of the decontrol of most food prices, elimination of subsidies, and record consumer incomes. Exceptions to this are expected to be fresh citrus, apples, fresh vegetables, and potatoes. As you know, the only food items still under price controls are sugar, sirups and molasses, and rice.

Anderson Asks Top Food Production



There's little question about the continuing need for careful use of food, looking at the picture from the over-all, world-wide point of view. Secretary of Agriculture Clinton P. Anderson made this clear in announcing the national farm production goals this week. He pointed out that farmers face a fourfold task next year ... producing to meet the needs of strong domestic demand and to supply some of the foods and other farm products still badly needed in war-devastated areas ... starting to build up reserves of certain commodities, and working toward a sounder program of proper land use and soil conservation.

Explaining that it is considered necessary to maintain high production levels next year, in spite of the drain they will place on our soil resources, the Secretary said:

"At the same time, in view of the severe world shortages of such commodities as fats, oils, and sugar, the more our farmers can increase domestic production, the less our requirements will have to be met with abnormal supplies from other countries, and the more other shortage areas will have available."

* * * *

SWEET POTATO SUGGESTIONS

The sweet potato fits into the mealtime picture particularly well at this time of year, especially at Thanksgiving, the traditional American holiday. As you may know, the sweet potato is actually an Early American, found here by Columbus who carried it back to Europe as a proof of the wonders of the new world.

This is the time of year when plenty of sweets are in the markets, so it's a good time to give your listeners general information about them ... and pass along a few cooking suggestions from the food specialists of USDA. They say, by the way, to remember that sweet potatoes are not particularly good keepers in the home pantry, so it's better to buy them in small lots and use them promptly. Families which grow their own should use up the early crop first and store the late varieties, since these keep better. Provide a dry storage

place ... not too hot and not too cold ... about 55 to 60 degrees is the right temperature. Sweet potatoes should be sorted and handled carefully, as they're easily bruised.

Rich In Vitamin A

The golden sweet potato is a prize package of food values. It's a rich source of vitamin A, provides worthwhile quantities of vitamin C, and small amounts of the B vitamins and minerals. It provides more food energy than the white potato ... a medium-sized sweet gives about 150 calories to the white potato's 100.

Cooking Comment

It's better to cook sweet potatoes in their jackets. The thin skin of the cooked sweet is easy to remove, and it takes less of the goodness with it. Most recipes for their preparation call for their being cooked first anyway. If you do peel them first, the skin should be peeled very thin just before using, and the pared potatoes placed in salted water to keep them from darkening.

Serving Suggestions

Candied sweets are popular with a great many people. Here's a recipe for preparing them in this way which uses corn sirup or honey instead of sugar:

Take six medium-sized cooked sweet potatoes, slice or cut them in halves and arrange in a shallow, greased baking dish. Dot each layer with fat and sprinkle with salt. Pour a cup of corn sirup or honey over the top; bake in a moderate oven 15 to 20 minutes, basting frequently with the sirup. Sweet potatoes can be candied in a frying pan on top of the stove, if you prefer. Low heat should be used, so that they won't scorch.

Glazed sweet potatoes aren't quite as sweet, and here's an easy way of preparing them:

Use honey, corn or maple sirup, or molasses. The potatoes should be pared first, cut in half, and dropped into just enough boiling salted water to cover them. For each potato, add 1 to 2 tablespoons of the desired sweetening, plus 1 teaspoon of table fat. Cover and boil until the potatoes are tender. If the liquid hasn't cooked down enough by the time they're tender, remove the cover and boil rapidly until a sirup is formed. Baste the potatoes occasionally with the sirup.

If only the natural sweetness of the potato is desired, try roasted sweet potatoes:

Place the peeled raw sweets around the meat in the roasting pan during the last hour or so of cooking. Turn and baste then occasionally with meat drippings. The length of time will depend on the size of the potatoes, and whether or not they're covered with a lid.

Your own recipe files doubtless contain many sweet potato recipes ... sweets with apples, sweet potato patties, biscuits, puff ... and the delicious dessert variations ... sweet potato pie and custard. Their versatility makes sweet potatoes a great help to the meal-planner, so she'll be wise to make full use of them during the fall and early winter.

* * * *

THE "A" IN KALE

There's some news about kale, that dark-green, leafy vegetable which is a popular member of the greens family. It's been discovered that the carotene from kale is utilized by the body even better than the carotene from carrots. As you know, carotene is the orange-yellow pigment which the body converts into vitamin A ... and carrots are rich in this respect. Kale contains more than half as much carotene as carrots, and tests made on laboratory animals by chemists of the Bureau of Human Nutrition and Home Economics show that the body will convert two-thirds of the carotene in cooked kale to vitamin A.



Hold Those Vitamins

The nutrition specialists of the Department advise that kale be cooked in just enough boiling, salted water to prevent sticking, and only long enough to make the leaves tender. They also suggest panning as another method of cooking kale ... steaming it in a little melted fat in a flat, covered pan until it's tender. While the carotene in kale won't be affected by either heat or long cooking, its other nutritional assets should be guarded. For instance, some of its vitamin C can be destroyed by long cooking, and if much water is used, part of the calcium and iron which kale contains will escape in the water.

Incidentally, the marketing specialists of USDA tell us that the bronzed or brownish appearance of some kale is probably brought about by cold weather during the growing period. While it isn't as attractive as the normal dark green color, the flavor is usually not harmed.

Kale is better known in the East than in the western part of the country. The supplies on the market at this time come mostly from Virginia,

Long Island, and New Jersey, and the price should be fairly reasonable.

* * * *

CITRUS FRUIT FORECAST

Many areas will soon be seeing more Florida oranges on the fruit stands ... growing conditions continued favorable during October, and record crops are on the way. The same is true of Texas oranges too. These will be especially welcome right now, because California is ending the Valencia season, and the Navel's are just starting to appear. With the volume that's beginning to move to market, these oranges should be fairly reasonable in price.

Those of you in areas where Florida fruit is marketed might like to remind your listeners that the Floridas are especially fine for juice. And here's a hint from the fruit marketing specialists in this connection. They suggest that you roll oranges around between your hands, or on the kitchen table, before squeezing them. This helps to break down the juice sacs, thus increasing the amount of juice you'll get from the fruit.

The grapefruit crop is also at a record high, but prospects are for a slight decrease in the lemon supply. The present crop is estimated at 4 percent less than that of 1945-46, although it's 11 percent higher than the 1944-45 crop.

* * * *

EGG COMPARISONS

Egg prices hit the high note of the year in the fall months ... hens are not producing in quantity and the pullets are just beginning to lay. However, there are egg bargains if the consumer will look for them.

It seems that we prefer to buy large or extra large white eggs. Right now they're moving off the market first, while medium size and small eggs, which have been lower in price in proportion to the food quantity represented, are more plentiful.

Consumers should have no difficulty in recognizing these egg bargains if they know a bit about the weight of the different sizes of eggs. A dozen large eggs weigh at least 24 ounces. The medium size weigh 21 ounces a dozen, and the small (or pullet) eggs 18 ounces. Let's follow this up with a little arithmetic. A dozen pullet eggs average three-fourths the actual food quantity of a dozen large eggs. Therefore, they represent the same money value when their price per dozen is three-fourths that of large eggs. They're a better buy whenever their price per dozen is less than three-fourths that of large eggs.

The same general method applies in determining the value of medium eggs as

compared with large ones. If the price per dozen for medium size eggs is one-eighth less than the price of large eggs, the buyers are getting the same amount of food value for their money. Whenever the price of medium size eggs is lower by more than one-eighth of the price of large eggs, the buyer is getting a bargain.

Brown eggs are a bargain at any season if the price is lower than the price of white eggs of the same size, because the food value of eggs is the same whether the shell is brown or white.

* * * *

EDUCATION PLUS GOOD HEALTH

Georgia school lunch rooms are kicking the old tin lunch-box around. Take the town of Commerce for instance. Its lunch room is considered one of the best in the state. For one thin dime, school children get a hot lunch that includes a bottle of health-sustaining sweet milk. The lunchroom, operated cafeteria style, serves a nutritionally balanced meal to about 450 youngsters each school day.

It was found that a hot meal at school makes better scholars. "After a hot noon meal, the pupils' reading is very definitely improved," observed a Commerce first-grade teacher. "There is visible improvement in behavior and quality of work." One thing hardly expected, though, was a drop in absenteeism. The youngsters are sometimes unabashedly frank on the subject. The lure of the schoolhouse is not altogether the thirst for knowledge; it's sometimes the appetite for a school lunch that brings them in.

USDA Pays Part Of The Cost

The ten cents a meal the students pay is not enough to cover the expenses of the lunch room. Under the National School Lunch Act passed this year, the school receives 9 cents a meal from the U. S. Department of Agriculture through an agreement with the State Department of Education. The Education Department has supervision of the school lunch program in Georgia and cooperates with the Commerce and other schools in providing assistance. Additional assistance is given the lunch room by clubs, civic organizations, and community leaders as cash donations and free services.

Community Cooperation Can Build A Lunch Room

Nearly any community can have a school lunch room if they really want one. All it takes is a little cooperation and organization. The Commerce school lunch room was born back in 1945 when a group including representatives of the Commerce News, the Woman's Improvement Club, the City Board of Education, and the Kiwanis and Lions clubs went before city council and cited the need and importance of such a project. Council granted an appropriation for the purchase of equipment, and a school lunch room was assured. After the lunch-

room opened last January, members of the Woman's Improvement Club donated their services in preparing and serving the noon meals. Now, though, a regular staff of cooks does the work.

All in all, the people around Commerce feel their children are getting something more from school than just lessons in reading, writing, and arithmetic--they are learning the principles of correct nutrition, and at the same time a balanced noon-meal is contributing to their health and well-being.

* * * *

FRESH FOOD ROUNDUP

The market is ornery this week. Some of our favorite vegetables showed up scarce. Bright spots are the still-plentiful supplies of Irish and sweet potatoes, onions, and cabbage. Supplies are good and prices reasonable.

Sorry we can't say the same thing about lettuce, cucumbers, and okra ... but it just isn't so. Those three this week were scarce and a little high. Wholesale lettuce prices were up several dollars over the old OPA ceiling.

Celery and carrots are not plentiful, but then they are not scarce either ... which is a roundabout way of saying you should be able to find all you want.

Cranberries are plentiful, but remain a little high priced. Beans are in only fair supply around here, squash is a little scarce, and there are a few ears of out-of-season Florida corn on the market. Tomatoes are fairly plentiful, but there, too, the price is a little stiff.

Best fruit buys are apples, oranges, and grapefruit. Good supplies of bananas are coming to market, but a very good demand is always waiting to snap them up. People have undoubtedly developed a prodigious banana appetite these past few years.

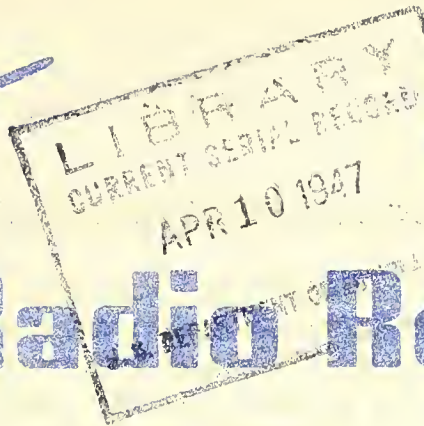
Coconuts are reasonably plentiful,; pineapples are scarce. Grapes are still fairly plentiful, but the supply will probable decrease from here on.

Newcomer to the market was a scattering of tangerines ... not enough yet to count much, but it won't be long before there'll be plenty.

The Fresh Food Roundup is based on general supplies and movements of fruits and vegetables. It is advisable to check on local markets to make sure these products are available in your community.

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Southern Edition

Radio Roundup

A weekly service for Directors of
Women's Radio Programs

November 22, 1946

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U. S. Department of Agriculture
Radio Service

Address inquiries to:

Information Service -- Southern Area
Production & Marketing Administration
U. S. Department of Agriculture
449 West Peachtree St., N.E., Atlanta, Ga.

PARCEL-POSTING THOSE CHRISTMAS COOKIES

You probably have Christmas cookies on your mind, (along with other things) these days, since the sugar shortage makes them a problem again this year. Your favorite recipes for making cookies with very little sugar, or with some other sweetener, will be a real help to your listeners who are planning to send sweet treats to friends or members of the family away from home.



Christmas cookies present a problem in themselves ... how to pack them for mailing so the addressee receives something besides a box of crumbs! Here's a suggestion or two on the subject. An empty baking powder tin makes a fine container for cookies. It isn't difficult to find a cookie cutter that will shape the dough just a little smaller than the circle of the tin. A small water glass will do the trick.

When it comes to refrigerator cookies, the dough can be rolled in waxed paper and chilled right in the tin. It might be well to warn the cookie-maker who's doing this to allow a bit of extra space for the spreading of the cookies in baking. If the can of cookies is to be part of a larger package, pack it firmly so that it won't rattle around. Shredded paper or other filler material should be used.

Brownies, drop cookies, and small fruit bars will stand a journey better than the wafer-thin varieties. In packing a box of any of these, it's a good idea to line them up on their sides, instead of piling them flat, one on top of another. This will usually keep them from breaking up too badly.

Cake Comment

The most satisfactory traveler among cakes is the delectable fruit cake. The large quantity of fruit it contains helps keep it moist. If it's baked right in the tin in which it's to be mailed, the fruit cake will usually arrive in fine condition. Be sure to get a tin with a tight-fitting lid. After the cake is baked and cooled, cover the top with waxed paper, fill up any spaces so that it will be rigid, then put the top on. Sealing it around the edges with adhesive tape will help to keep it fresh.

Mail Early

The Post Office Department is making its annual plea for careful packing, addressing, and early mailing. There's a great deal of loss every year in food packages so poorly packed that they come apart before they reach the addressee. And those which are incorrectly addressed often are long delayed, causing disappointment all-around. Early mailing helps to cut down

the last-minute rush and enables the Post Office to give better service, if the packages are marked plainly to indicate they're Christmas gifts, there's at least a chance the recipient will follow the hands-off policy until the big day!

* * * *

RICE RESUME

It's still a case of taking it easy so far as rice is concerned, according to the latest release on the world rice crop. World production for 1943-47 is larger than last year, but still the quantity of rice available for world trade in 1947 is expected to remain small. This is due to small crops in former exporting countries. USDA's Office of Foreign Agricultural Relations estimates total world output at 6 billion, 900 million bushels, compared with 6 billion, 300 million the previous season, and 7 billion, 400 million before the war.

As you know, rice is one of the three foods remaining under price control. The reason is its scarcity as a world commodity. We have promised to allocate certain quantities to countries where rice is an important article of diet. If it were not for price control there would be terrific competition for the available supplies, which in turn would force the price up.

* * * *

MEAT PRESERVATION AT HOME

This is the time of year when one of the chief activities on many farms is slaughtering meat animals. The preservation of some of this meat for home use helps to spread the supply through the year... and makes meal preparation easier for the busy homemaker.

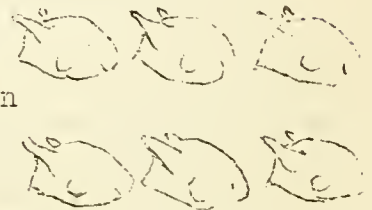
You broadcasters whose programs extend into the rural areas may like to tell your listeners about three USDA publications which give valuable information on meat preservation.

"Home Canning of Meat" is a 16-page bulletin which gives complete details about canning meat and poultry, in both tin and glass. It is well illustrated with drawings and photographs, which show every step of the process. It also contains canning timetables, and directions for storage of the canned meat. This booklet points out that beef, veal, mutton, lamb, pork, and rabbit are all successfully canned at home, and so are chicken, duck, geese, guinea, squab, and turkey. The meat of large-game birds may be canned like beef; that of game birds and small-game animals like poultry. A warning is given against canning the following mixtures at home: chile con carne, hash and stews made with vegetables, head cheese, liver paste, pork and beans, scrapple, and soups made with cereals and vegetables. Commercial canners are sure of success with these items, because they have the equipment that's needed to check



their results. The home canner will find it safer to can each food by itself, and combine when ready to serve. The number of this bulletin is AWI-110.

"Freezing Meat and Poultry Products for Home Use," is a bulletin which gives instructions for preparing beef, pork, and lamb for freezing ... also poultry, eggs, and fish. It points out that freezing is an excellent means of preserving these foods, because most of the original goodness of fresh foods can be preserved if the proper methods are used. If not processed and stored correctly, however, even foods that are hard-frozen will dry out and lose quality and food value. The folder was prepared in the interests of food conservation for farm families and others who use frozen-food lockers, or who have home freezing cabinets. Its number is AWI-75.



"Curing Pork Country Style" is a more specialized bulletin, as its name indicates. It gives curing directions which if followed, will result in sound, palatable hams and bacon. This folder contains instructions for the dry cure, the brine cure, for smoking cured pork, storing smoked pork, etc. Its number is AWI-108.

You are at liberty to offer these bulletins free of charge to your listeners. Tell them to specify the name and/or number in ordering. You may send any requests you receive to Radio Agriculture, Washington 25, D. C., or tell your listeners to order directly from this address if you prefer.

* * * *

BACK WITH A WHIP

Since Wednesday (Nov. 20) dairies have been permitted to resume sales of whipping cream. The war food order which has banned sales of heavy cream to consumers since July has been terminated in time to permit purchases of this specialty for the Thanksgiving dinner. The order applied only to cream with a butterfat content of more than 19 percent and was issued principally to make more butterfat available for butter. Now that the lowest seasonal period of milk production is passing, it's believed cancelling the ban will not drain off too much heavy cream from the manufacture of butter.

Another thing, cream used for whipping cream usually comes from the areas that supply the fluid milk market. Fat for butter comes chiefly from the manufactured milk areas ... Michigan, Wisconsin, Minnesota, the Dakotas, Nebraska, and Iowa. These areas are the principal suppliers of the nation's butter and other manufactured dairy products such as cheese, evaporated, and condensed milk. The order stopped outside markets from coming into these areas for whipping cream during the low production period, and thus kept the cream for manufactured products.

It's estimated that the amount of butterfat conserved by the whipping cream ban meant several million more pounds of butter per month than we would have had without the order.

THE HOLIDAY BERRY

Even though we think of the cranberry as typically American... as American as the turkey we'll be serving it with next week, there are three varieties of this fruit which grow in Northern Europe and Asia. Also there is a South American cousin that's often mistaken by tourists for the American cranberry. According to USDA's Office of Foreign Agricultural Relations, the latter is red or reddish-purple in color, is intermediate between the cranberry and blueberry in sweetness, and is often seen in the markets of Columbia, Ecuador, Venezuela, and northwest Brazil.

Getting back to the American cranberry, did you know it was being used by the Indians as a relish, served with venison, when the first colonists landed on Plymouth Rock? Friendly Indians showed the new settlers how to find and use it. Incidentally, the name cranberry, or craneberry, refers to the resemblance of the bud and stem to the head and neck of a crane.

Started In 1810

Cranberry culture started in Massachusetts about 1810, when Captain Henry Hall transplanted some vines to his garden. Now the famous cranberry bogs of Cape Cod produce about 70% of the world supply. The following states come next in cranberry production, in order of importance: Wisconsin, New Jersey, Washington, and Oregon. Their culture is a highly technical enterprise, but growers consider the money invested in bogs tolerably safe. It's easy to get information about raising them, and the plant is easy to cultivate. The process of bringing them into bearing makes them one of the most expensive fruit crops, however.

On the decorative side, a single potted cranberry plant makes a striking picture, particularly at the holiday season. And many of us remember the beauty of cranberry garlands on the Christmas trees of our childhood.

When it comes to food, cranberries are delicious in sauce or jelly, as a beverage, in muffins, steamed pudding, and mixed with the fruit in mock cherry or mince pie.

An uncooked cranberry relish is delicious to serve with holiday meals. It's easy to make, and can be sweetened with honey or corn syrup, as well as sugar. The recipe was given in the September 13th issue of RADIO ROUNDUP, but in case you've mislaid it, we're offering it again.

Cranberry Relish

1 pound of berries	1 orange
1 cup of sugar, honey, or corn syrup	$\frac{1}{2}$ teaspoon salt

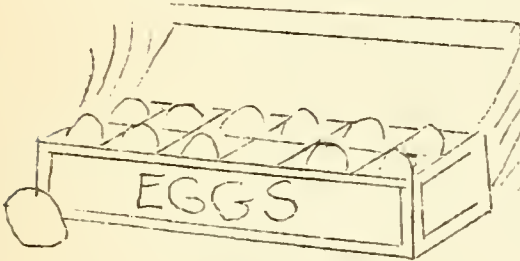
Wash and drain the berries, picking out any that are shriveled or spotted; wash the orange, cut it into quarters and remove the seeds. Put the whole

business, berries and orange with the rind left on, through the food chopper. Then add the sweetening and about a quarter teaspoon of salt. If this relish is stored in a covered jar in a cold place, it will keep for two or three weeks. The addition of either a cup of chopped celery or one of chopped apples gives a different flavor, and a crunchy texture many people will like.

* * * *

EGGS BY GRADE

Last week in ROUNDUP, we told how consumers could find egg bargains by buying the smaller sizes of eggs. We follow this up now with a mention of the wide range in prices among the various grades. In many large cities, the current retail price spread between Grade A and B eggs of the same size ranges from 11 to 17 cents a dozen. A spread of 12 to 20 cents a dozen exists between prices of Grade A and Grade C eggs of similar size on the markets while the range in prices of Grade C under Grade B has been from 4 to 8 cents.



*Buy Graded Eggs
And Save
Money*

Consumers who take advantage of these variations, by purchasing eggs according to grade for specific table or cooking purposes, can make worthwhile savings.

Buy Graded Eggs and Save Money

Grade AA and A eggs are the most satisfactory for boiling, poaching, or frying. When broken out of the shell, eggs of these grades show firm, well-rounded yolks and thick firm whites. Grade B and Grade C eggs, which can be obtained for less money, are entirely satisfactory for many cooking and baking purposes. The yolks in these grades are somewhat flattened and the whites are usually considerably thinner than in the higher grades. There is no difference in food value among the grades.

* * * *

POTATO PROMOTION

We've talked a lot about 'taters this fall, and the latest crop report (Nov. 1 conditions) prompts a few more comments on the subject. It appears that we'll have nearly 7 million bushels more Irish potatoes than we estimated on October 1. This means the crop will exceed the previous all-time record by 13 million bushels.

As we told you recently, storage is a real problem so it's important to make good use of potatoes right now to avoid wasting this valuable food.

Potatoes For Thanksgiving

In making your Thanksgiving dinner suggestions, don't overlook the various ways for cooking potatoes. The popular mashed potato is a great favorite, especially as a foundation for that good turkey gravy. Beautifully browned roast potatoes, cooked in the pan with the turkey during the last hour or more of roasting are equally good.

When it comes to using turkey leftovers (or chicken, or what have you) consider potato cakes as an accompaniment for creamed turkey ... or a potato crust to top off a casserole dish of turkey. Potato puff would look very glamorous, alongside a platter of cold sliced turkey...and a dish of potato salad, either hot or cold, would make a mighty fine running mate for cold turkey too.

Creamed potatoes are an old standby in most families, and the homemaker can make them look newly alluring by stirring in cooked peas and carrots, or a bit of chopped parsley, just before serving. And for a different flavor, a little onion or cheese may be grated into the cream sauce.

* * * *

THANKSGIVING HISTORY

Here's some historical data about Thanksgiving, which may be of interest to you as program material.

Thursday, November 28, is our three hundred and twenty-fifth Thanksgiving Day. The first Thanksgiving, a celebration held by the Pilgrims right after the first harvest in November, 1621, lasted for three days.

The first New England pumpkin pie wasn't really a pie at all. It was made by slicing off the top of the pumpkin, scooping out the seeds, filling it with milk and spices, and sweetening the mixture. The pumpkin was then baked in hot ashes in a brick oven, and the filling eaten from the shell with a spoon. The name the colonists used for the pumpkin was "poumpion."

Mrs. Sarah T. Hale, editor of the famous "Godey's Lady's Book" was responsible for a national celebration of Thanksgiving. She wrote editorials on the subject, sent personal letters to each of the governors and the President, and finally was successful in her campaign. In 1863 President Lincoln issued the first proclamation for a national Thanksgiving Day.

SUGAR VARIATION

If you've bought some sugar recently which was slightly yellow in color and rather coarse in quality, don't think this is the form of sugar to come. It's a temporary measure taken by some sugar refiners to speed sugar on its way to consumers. By eliminating the final processing step, they're able to make distribution in from three days to one week less time. Only a few processors have taken this step, and this variety of sugar will not reach all markets.

HOW ABOUT HALF A TURKEY ?



When it comes to turkey for Thanksgiving, almost anybody will agree that half-a-turkey is better than none! And it may be possible for a good many people to buy a half-turkey this year, because some dealers are splitting their large turkeys for the convenience of small families. As a matter of fact, half of a large turkey will give considerably more cooked meat than a whole small turkey of the same weight. Therefore, if the price per pound is the same, or less, it's possible to make a real saving by purchasing one of the half-birds.

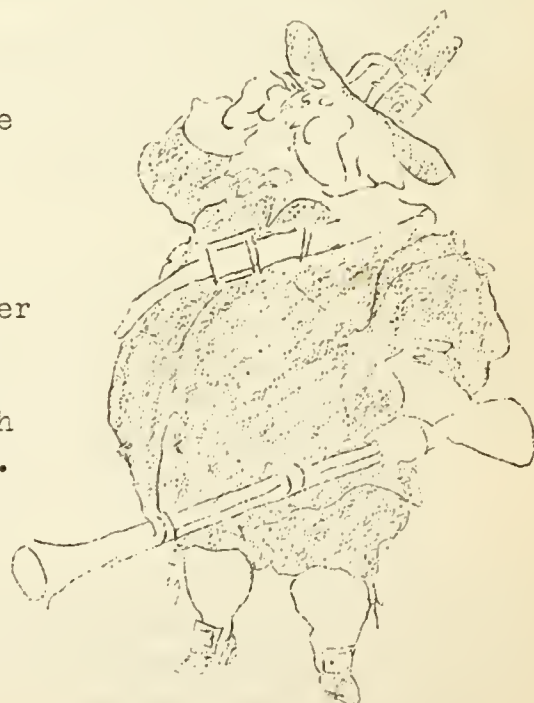
You might like to pass along to your listeners the following suggestions from the food specialists of USDA in regard to cooking half of a large young turkey.

Pull Out the Pinfeathers

First, of course, pinfeathers should be pulled out, and hairs singed off over a flame. If it hasn't already been done, the neck and foot should be removed, also the wing cut off at the first joint. Scrub the bird with a wet cloth and a little mild soap, rinse, and dry thoroughly. The tail and leg should then be tied together, by running a large needle threaded with clean white wrapping cord through the side of the leg, just above the foot... then through the meat of the tail. The string should be wrapped around the tail and leg, and tied.

Sewing Up The Bird

Placing the bird cut side up on a table, sew up the loose skin at the neck, to form a pocket. After sprinkling salt into this pocket, pack it loosely with stuffing. Repeat the salting and stuffing process with the body cavity of the turkey. Then cut a piece of heavy greased paper, (parchment paper preferred) to fit over the body cavity, and fasten it over the stuffing by lacing wrapping cord back and forth across the paper. Catch the skin on each side and pull it up to cover the edge of the paper. It's well to leave this paper in place when the turkey is served, and remove the stuffing from the hole made when the thigh is cut off.



Roast Stuffing Side Down

The turkey should be roasted stuffing side down on a rack in a shallow pan,

uncovered, and without added water. Brush it with melted fat and roast at 300 degrees F. After cooking for 1 1/2 hours, baste the bird with drippings, and continue this about every 45 minutes until it's done. Cooking time varies with weight, of course, but here's an example: A half turkey weighing 7 to 9 pounds will require from 4 1/2 to 5 hours.

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HOLIDAY DESSERTS

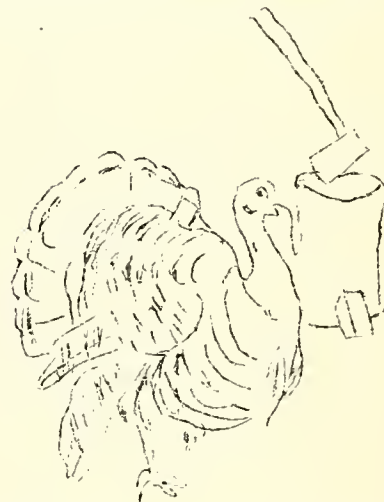
Pumpkin Pie

1 1/2 cups cooked pumpkin	1/2 teaspoon mace
1 cup milk	1/2 teaspoon salt
1/2 cup sugar	2 eggs
1 teaspoon cinnamon	2 tablespoons butter
1/2 teaspoon allspice	Pastry

Heat the pumpkin, milk, sugar, spices, and salt in a double boiler, add the beaten eggs and butter, and mix well. Pour the hot filling into a deep baked pastry shell and bake in a moderate oven (350°F) about thirty minutes, or until the filling sets.

Sweet Potato Pie

1/2 cup sugar	2 eggs, slightly beaten
1 teaspoon cinnamon	1 cup milk
1/2 teaspoon allspice	2 tablespoons table fat,
1/4 teaspoon mace	melted
1/2 teaspoon salt	9-inch unbaked pastry
1 1/2 cups mashed sweet	shell
potatoes	



Mix sugar, cinnamon, allspice, mace, and salt. Stir in sweet potatoes. Combine eggs, milk, and fat. Add to sweet potato mixture. Pour into the pastry shell. Bake in a hot oven (400°F.) about 40 minutes or until the filling is set.

Sweet Potato Custard

1/2 cup sugar	2 eggs, beaten
1/2 teaspoon salt	2 1/2 cups finely shredded
1/2 teaspoon nutmeg	raw sweet potato (shred
1 teaspoon grated orange	just before using)
rind	1 tablespoon melted table
1 3/4 cups milk	fat

Add sugar, salt, nutmeg, orange rind, and milk to the eggs. Mix thoroughly. Add sweet potato and fat. Bake in greased custard cups in a pan of hot water in a moderate oven (350°F.) about 30 minutes or until set. Six servings.

Fresh Food



Roundup

Let's start off with the plentifuls ... the best buys of the week. These are Irish potatoes, sweet potatoes, spinach, onions, and cabbage... all old acquaintances of most shoppers. Cabbage is particularly plentiful around the Carolinas, and the spinach harvest has spilled into the markets in Virginia.

Lettuce and carrots are two vegetables that stay in pretty even supply the year around. Supply and prices haven't changed much on either of them since last week.

Celery prices are in the reasonable class, but beans are a little high this week. Squash, okra, and cucumbers are scarce and high. If your food budget is a little on the strained side, pass them up in favor of the plentiful foods.

Peppers are another reasonable buy for the week. There doesn't seem to be too much demand for them right now.

Apples and citrus fruit vie for the honors of best fruit buys of the week. Both are plentiful and both are good eating, so take your choice.

The Fresh Food Roundup is based on general supplies and movements of fruits and vegetables. It is advisable to check on local markets to make sure these products are available in your community.



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Southern Edition



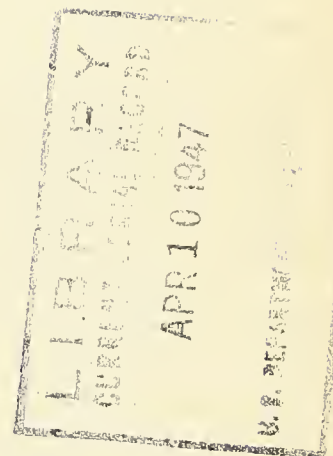
Radio Roundup

A weekly service for Directors of
Women's Radio Programs

November 29, 1946

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U. S. Department of Agriculture
Radio Service

Information Service -- Southern Area
Production & Marketing Administration
U. S. Department of Agriculture
449 West Peachtree St., N.E., Atlanta, Ga.

FARMERS HOME ADMINISTRATION

In order to earn a living, and also contribute to the nation's food supplies, a number of farmers at one time or another need credit for capital. Some do not qualify for credit from the usual sources, such as banks, so they seek aid from the government...and that's where the Farmers Home Administration comes in. Many of those who receive federal aid not only benefit personally, but help increase farm production to meet increased consumer demand.

More Than Half A Million Farmers Aided by FHA

More than half a million family-type farmers are now producing food and fiber for themselves and others with the aid of loans from the Farmers Home Administration. FHA is the new agency of USDA that came into existence on November 1, and took over the major work of the Farm Security Administration, and of the Emergency Crop and Feed Loan Division of the Farm Credit Administration. Loans from these two agencies to buy or operate farms were transferred to the new agency and farm families continue production and family progress uninterrupted.

Apply to County Office

Under the new Act creating the Farmers Home Administration - which became effective the first of this month - farmers who wish to buy family-type farms, or enlarge or improve farms they already have, may apply to the nearest county office of the FHA. Loans run for 40 years if a family wants to take that long, and bear $3\frac{1}{2}$ per cent interest. Families who want only operating credit, but can't obtain it elsewhere, may apply for FHA production loans. These bear 5 per cent interest and run from one to five years to buy livestock, feed, seed, fertilizer, farm equipment, supplies, and other necessities. Supervision accompanies loans wherever guidance in good farm practices is needed.

Veterans are given preference for the long-term loans. Even disabled veterans may borrow, if their farm income plus their pension is enough to pay their current expenses and retire their debt.

* * * * *

COMBED NEWS

The honey crop for 1946 is somewhat smaller than last year...209 million pounds as compared with 235 million pounds. While this yield is well above pre-war production, the limited supply of sugar has increased the demand for honey... and there still won't be enough to go around.

Under the stimulus of this demand, honey prices have shot upward this year. The prices range widely in different areas, depending not only on the availability of honey, but also on the supply and price of jams and marmalades. Most sales are being made either directly to consumers or to distributors who supply the home trade. Some honey is going to bakers, but practically none is reported moving to soft drink manufacturers or ice cream concerns.

FEEDING THE UNITED NATIONS

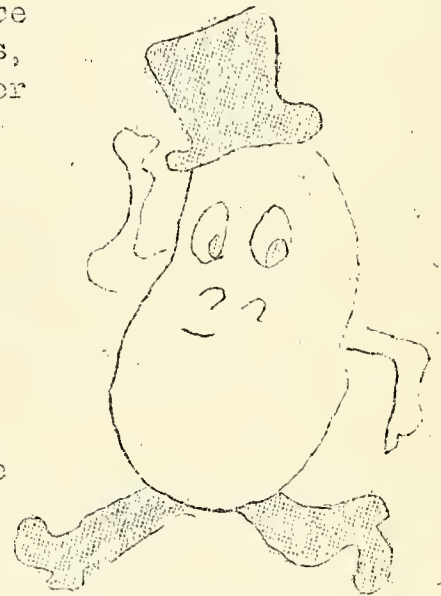
You may think you have your hands full in planning meals for your family, but what would you do if you had a dinner party for people from fifty-four different countries? How could you be sure to offend no one and please everyone? What dish or dishes would you serve? Every day that very problem confronts the manager of the feeding facilities at the United Nations headquarters at Lake Success, New York. Since he has solved the problem to the satisfaction of all, you might like to know what the food set-up is like.

Irish Potatoes Are A Favorite

Actions sometimes speak louder, or at least more eloquently, than words in the cafeteria food line. Staff members of the Secretariat who are not yet at home in the English language often make their selections by pointing to the dishes that are displayed on the steam tables. Delegates from the fifty-four nations are more fortunate, for they may serve themselves at a colorful, well-supplied buffet table in their dining room, where five hundred lunches are served every day. One of the favorite dishes of the world's top-ranking diplomats is potato salad...probably made with the very same recipe you use all the time. Another favorite is potato soup. Down in the huge cafeteria where 10,000 to 12,000 meals are served every twenty-four hours, mashed potatoes are one of the favorite vegetables of over 75 per cent of the cosmopolitan people who dine there.

United Nations Workers Like Our Way of Life

Practically any American homemaker would feel at home in either the dining room or the spacious cafeteria. The meals served to the people from four corners of the globe are the same as any typical American mother would set before her hungry family. There are probably two reasons for this. First of all, there are few native American dishes. Possibly the hamburger and frankfurter on rolls, and Southern fried chicken may be called typical American dishes, but if you were to study the origin of your favorite recipes, you'd probably find they migrated here with the countrymen of their creators. Though the dishes that make up our diets are drawn from every part of the world, they seem so familiar to most of us that we have come to accept them as typical American fare.. and that's just what they are...today. The second reason for serving American foods out at Lake Success is that the foreign people who are working at the United Nations headquarters have tried the American mode of living, which included our eating habits...and they like it. They are cosmopolitan enough to appreciate the distinctive touches which we Americans may add to dishes they've eaten in their native lands: Apple pie and coffee are favorites with international diners, as is milk.



Milk Is A Favorite Drink

For many of the United Nations staff our meals were too rich at first. Some of those coming from liberated countries suffered from malnutrition. They had to go on special diets, and had to eat small portions at frequent intervals. Milk is a great treat to many people recently arrived in this country. It ranks on a par with coffee as the most sought-after beverage.

So you see, folks from across the sea are really very much like us...and we are like them. It is our heritage. Next time you whip up a bowl of mashed potatoes, think of them not as another dish of humble spuds, but remember they rank with the favorite dishes of the diplomats of the world.

* * * * *

BULBS FOR THE COOKING BOWL

Right now there are large quantities of onions in grocery bins and in storage across the country. The harvest of this vegetable was generally completed in all states by mid-November, and we'll be drawing on storage stocks until next April when the first of the new crop begins to move from Texas.

The commercial onion trade reports between 17 to 18 million bags (50 pounds each) now in storage. This is around a million bags more than in November 1944 ...a previous high record for holdings ..when there were enough onions to supply domestic needs and to fill large military requirements.

The quality of the onions being offered this year is very good and prices are reasonable. So now is the time to get out recipes calling for use of this flavorful vegetable.

Onion Soup

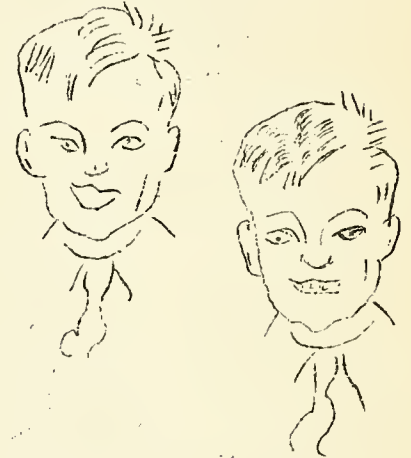
This is the time of the year when a bowl of hot soup makes the perfect opening for dinner ... or teams up beautifully with a sandwich or salad for luncheon. Onion soup is popular with many people, and you might like the following recipe, from the food specialists of USDA.

Cook 2 cups finely chopped onions in 2 tablespoons fat until lightly brown. Sprinkle with 3 tablespoons flour and stir. Add $1\frac{1}{2}$ quarts hot meat broth (made by cooking a soup bone in water) and stir until smooth. Season with salt and pepper and simmer until the onions are tender and the flavor well blended. Serve in bowls with a slice of toast in each. If you have dry cheese on hand, grate a little over the toast.

* * * * *

JUVENILE DELINQUENCY CONFERENCE

The national conference for the prevention and control of juvenile delinquency was held in Washington, D. C. on November 20, 21 and 22, under the chairmanship of Hon. Harold H. Burton, Associate Justice of the Supreme Court. The governors' council, 165 private organizations, and 13 governmental agencies were represented. It was attended by many leaders of youth groups, such as the Girl Scouts, Boys' Clubs of America, 4-H Clubs, etc. Among the prominent persons there were Judge Anna M. Kross, Magistrate's Court, New York City, Father Flanagan of Boys Town, Henry Monsky, president of B'nai B'rith, Walter White of the National Association for the Advancement of Colored People, and many others. At the opening session a special message from President Truman was read by Justice Burton.



Recommendation to Radio, Press, Movies

The U. S. Department of Agriculture was represented at this conference, and the report submitted by the panel on rural aspects included a recommendation as to press, radio, and motion pictures which should be of interest to all broadcasters. Here is the statement:

"Because of the virility of press, radio, and motion pictures as an entertainment and educative force, these means of communication make a great impact upon the emotions and minds of all ages. They, therefore, can be powerful instruments for dissemination of information which works for the prevention of juvenile delinquency and in supplying entertainment which everyone requires for good health and adjustment to one's environment.

"The use of these mediums in the prevention of delinquency should be enlarged to carry more material with a positive treatment of youth problems. This material can be directed not only to youth but to parents, teachers, and workers and community leaders. Material directed to the public in terms which build responsible community attitude toward the problem can go far toward establishing the individual and community responsibility necessary for the widest attack upon juvenile delinquency. The use of more material that points up and dramatizes the satisfactions of well-adjusted children, parents and homes, and the rewards of healthful recreation and purposeful study and labor can be effective in building constructive social attitudes in rural young people."



General Recommendations of Rural Panel

The following four general recommendations were made by the panel on rural aspects of juvenile delinquency:

- 1- That rural people give especial attention to finding appropriate means for conserving and making available to all rural youth those natural advantages of the rural areas as a place in which to rear children.
- 2- That some appropriate practical plan be formulated to collect and compile statistics on juvenile delinquency in all rural areas.
- 3- That all the youth of a local community be afforded the opportunity and be encouraged to participate in constructive group activities.
- 4- That the basic responsibility for the control and prevention of juvenile delinquency rests primarily with the home and the local community.



* * * * *

SPEAKING OF SPEECHES

Dr. Dennis A. FitzGerald, secretary general of the International Emergency Food Council, spoke at the 38th annual meeting of the Grocery Manufacturers of America in New York last week. You may remember, Dr. FitzGerald was a member of the mission which accompanied Herbert Hoover on his tour of the famine areas of the world several months ago.

Serious Shortages of Vital Foods

Much of Dr. FitzGerald's talk pointed up the still-serious shortages of many foods in other countries of the world. Speaking of wheat, Dr. FitzGerald said:

"More than a year after the end of active fighting, practically every European country and many countries in other parts of the world are still rationing bread. These countries are not rationing bread for the fun of it, but because of the simple fact that there is not enough wheat or wheat substitutes in the world to meet unrationed demands."

With regard to fats and oils, Dr. FitzGerald told the meeting that the world situation is the same as for cereals--supplies fall far short of meeting needs. Also, he said, a somewhat comparable situation exists with respect to sugar. He pointed out that sugar is actually a source of energy, and energy is what the rest of the world most desperately needs to continue the process of pulling itself up by its bootstraps.

Urges Continued Sharing of Food

Dr. FitzGerald made a strong plea that Americans continue sharing their food with the rest of the world. Here is another direct quotation from his talk:

"I am convinced that our behavior in the food field is having a very direct influence on our position and prestige in the world. We cannot afford the luxury of irresponsibility. Our national self-interests--and the most important one is peace--cover the globe, and our responsibilities are as great as our interests and power."

This Is No Time to Slacken Our Efforts

He went on to give some facts on conditions in various countries...stating that the food situation in Britain is much worse now than at any time during the war.. reminding his listeners that bread rationing has been introduced for the first time in British history...that the situation is the same in France, Italy, and Greece. In Italy, particularly, Dr. FitzGerald stated, political stability and law and order hang on the scales on which the meager bread rations are weighed out.

Reviewing some of the other difficulties which the people of Europe still face... lack of fuel, clothing, building materials...the slowness of agricultural rehabilitation, etc... Dr. FitzGerald concluded with these words:

"If we slacken our efforts now, much of the ground already gained will be lost, and we may not be able to regain it later. An ounce of help not forthcoming now may cost us a ton later--assuming that later will not be too late. If Europe and the rest of the world do not attain political and economic stability, our own fate will not be a happy one."

* * * * *

Spinach in Cream

2 pounds spinach
2 tablespoons butter

1 cup cream
 $\frac{1}{2}$ teaspoon salt

Wash the spinach thoroughly in running water until free from grit. Press the spinach into a saucepan, add a very small quantity of water, or cover the pan and cook the spinach in the water which clings to the leaves. Cook for about 10 minutes, or until wilted, and stir the spinach occasionally so that it cooks evenly. Drain and chop the spinach very fine. Melt the fat in a saucepan, add the cream and salt, and when hot add the chopped spinach, but no liquid, and simmer for a few minutes longer. Add more salt if needed, and serve at once.

* * * * *

Fresh Food



Roundup

There's nothing new about the "best buy list" for this week. Irish potatoes, cabbage, onions, and sweet potatoes are the most plentiful vegetables while oranges, grapefruit, and apples are the best in the fruit line. Keep them on your shopping list for all of them should be reasonably priced.

Squash is in only fair supply and it's a little high. Turnip greens are relatively cheap, and another member of the same family...spinach...should be a good buy on most markets. Up in Virginia spinach has swamped the markets in heavy quantities.

Celery can be purchased reasonably on most markets these days, and snap beans are back in fair supply at prices that are not too high for the average budget.

Carrot and lettuce supplies haven't changed much from last week; the same is true of tomatoes.

A few radishes hit the market nearly every day. Not many but enough to add color and a taste of tartness to a fall salad bowl.

The Fresh Food Roundup is based on general supplies and movements of fruits and vegetables. It is advisable to check on local markets to make sure these products are available in your community.



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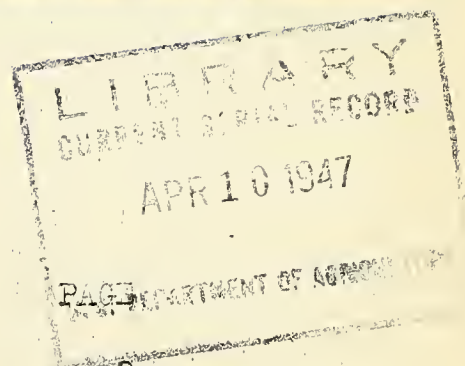


Southern Edition

Radio Roundup

A weekly service for Directors of
Women's Radio Programs

December 6, 1946



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U. S. Department of Agriculture
Radio Service

Address inquiries to:

Information Service -- Southern Area
Production & Marketing Administration
U. S. Department of Agriculture
449 West Peachtree St., N.E., Atlanta, Ga.

FOOD PLAN FOR THE FAMILY

A new booklet just published by USDA's Bureau of Human Nutrition and Home Economics is likely to be of considerable interest to many of your listeners. It's written in the form of a story about a typical family of father, mother and a little boy and girl, and gives information of special value to mothers of young children. This booklet presents a practical and easy-to-follow food plan for the family. The nutritionists of the Bureau point out that it isn't necessary to plan two sets of meals, one for the children and the other for grown-ups. They explain that foods which are good for the children are just as good for adults, and that there are only a few items which cannot be served to all the family, if the meals are properly planned.

What's Good For the Children is Good For the Parents

An example of adapting the same basic food to both age groups is given in the case of pie. When mother makes a pie for some special occasion, she can bake the filling in custard cups for the youngsters, and they'll be very happy with this dessert.

There are some helpful hints regarding the art of persuading children to eat unfamiliar food, and of overcoming prejudices they may have developed against certain foods. There's a section on the right diet for an expectant mother, an outline of a typical family food plan...also a week's sample menus. Another interesting feature of this bulletin is a list of suggestions on reducing the family food bill by careful planning and cooking, substituting less expensive foods, and so forth.

The name of this new bulletin is "Food for the Family with Young Children". and the number is AIS-59. There's no charge for it, of course, and you may tell your listeners to order it directly from Radio Agriculture, Washington 25, D. C. A postal card request will do.

* * * * *

GREEN TEA ARRIVES

A share of the first crop of green tea picked in Japan since the end of the war will soon be appearing in our markets. About 7½ million pounds are scheduled for this country and two thirds of this amount already has been received. This tea was inspected and passed by American tea experts and is rated as being of fine quality. Prices should not be too much above pre-war levels.

Our total tea imports this year, including the green tea now arriving, will amount to about 90 million pounds. This represents normal use in this country, or about 3/4 pound per person.

* * * * *

HOLIDAY TREATS THAT SAVE SUGAR AND FAT

The Christmas cookie season is well under way for the women whose holiday plans include gifts of food. There's still the problem, though, of continuing shortages of sugar and shortenings. You may like to tell your listeners about a few suggestions from USDA's food specialists for cookies which are economical on both scores. For good measure, we're adding directions for making a holiday candy that doesn't require a bit of sugar.

Save Sugar with Sweet Potatoes

Here's a recipe for drop cookies which use very little sugar, a moderate amount of molasses, and gain part of their sweetening from grated raw sweet potato ... delicious and a bit unusual.



- | | |
|-------------------------------|---|
| $\frac{1}{2}$ cup fat | 2 cups sifted all-purpose flour |
| $\frac{1}{4}$ cup sugar | $\frac{1}{8}$ teaspoon salt |
| 1 egg | $\frac{1}{2}$ teaspoon soda |
| $\frac{1}{2}$ cup molasses | 1 teaspoon baking powder |
| 1 cup grated raw sweet potato | $\frac{1}{2}$ teaspoon ginger, if desired |
| 1 teaspoon grated orange rind | $\frac{1}{4}$ cup sour or buttermilk |

Cream together fat and sugar; add egg; beat thoroughly. Add molasses, sweet potato, (grated just before using) and orange rind. Sift together rest of dry ingredients; add alternately with milk to sweet potato mixture. Mix well and drop from a teaspoon onto a greased baking sheet. Bake in a moderately hot oven (375 degrees F) about 15 minutes or until golden brown. Makes 3 dozen.

Hints About Honey

Honey may be more easily available in some localities, and those who have a supply will find it very satisfactory to use as all or part of the sweetening in many cakes, cookies, and quick breads. The food specialists recommend that in using honey, it be mixed with the liquid called for in the recipe, and that baking be done at the lowest temperature possible for the given product. This prevents loss or change of flavor of the honey, and also avoids too rapid browning. They've developed a recipe for Honey Drop Cookies including chopped fruit and nuts, which also calls for comparatively little shortening. Here it is:

- | | |
|------------------------------|--|
| $\frac{1}{2}$ cup shortening | $\frac{1}{2}$ teaspoon salt |
| 1 egg, beaten | 1 cup chopped nuts |
| $\frac{3}{4}$ cup honey | $\frac{1}{2}$ cup chopped dates, figs
or other dried fruits |
| 2 tablespoons milk | $\frac{1}{2}$ cup chopped candied citron
or pineapple |
| 2 cups sifted flour | |
| 2 teaspoons baking powder | |

Cream shortening. Mix beaten egg, honey, and milk. Add nuts and fruits to the sifted dry ingredients, and add alternately with the liquid to the shortening. Drop by small spoonfuls on a greased baking sheet and bake in a moderately hot oven (375 degrees F) for about 10 minutes.

Plain Drop Cookies without Sugar

Here's a Bureau-tested recipe which makes about 60 cookies, uses only half a cup of fat, 1 cup of sweetening, and one egg. It's easy to make and comparatively inexpensive.

$\frac{1}{2}$ cup fat	$2\frac{1}{2}$ cups sifted flour
1 cup sorghum, cane, corn or maple sirup (see NOTE)	2 teaspoons baking powder
1 egg, beaten	$\frac{1}{2}$ teaspoon salt
	1 teaspoon flavoring

Cream the fat, add the sirup mixed with the beaten egg, and beat well. Add the sifted dry ingredients and flavoring. Drop by teaspoonfuls onto a greased baking sheet, allowing room for the cookies to spread. Bake to a golden brown in a moderately hot oven (375 to 400 degrees F). Remove from sheet while hot.

NOTE: If sorghum sirup is used, omit the baking powder and add $\frac{1}{2}$ teaspoon soda to the dry ingredients.

Dried Fruit Candy

To tuck into the corners of a box of cookies, adding interest and variety to the gift, here's a sugarless confection that's delicious and easy to make. Grind one or several kinds of dried fruit. Add peanut butter or finely chopped nuts. Form into balls, which you might roll in sugar if you have a bit to spare. This is not necessary, however, because it's good "as is".

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WHERE THE GRAIN FLOWS

Because of the favorable supply of most grains in this country, a number of restrictions put into effect last spring to conserve grains for home use and for export to shortage areas have been modified or removed.

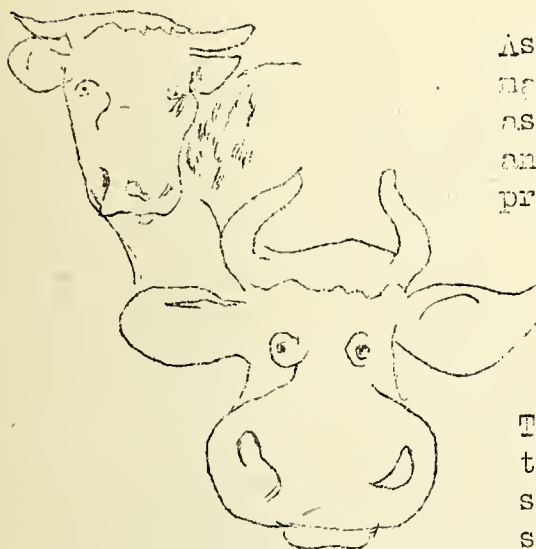
Flour Limitation Off

As of November 29, there is no longer any limitation on the amount of flour that may be produced for domestic distribution and for export to license-free countries. You may remember that last April millers were required to limit the production of flour for domestic distribution to 75 percent of the amount made in the corresponding month of 1945. Later this was raised to 85 percent of the average monthly production in 1945. There are now only two

restrictions on use of wheat. First, this grain may not be used by distillers and brewers; second, milling wheat and flour suitable for human consumption can not be used in the manufacture of livestock feed.

Distillers May Not Use High Grade Corn and Wheat

Distillers may not use wheat, wheat products and corn grading No. 1, 2, and 3, and only limited quantities of rye. But they may use unlimited quantities of low-grade, high-moisture corn and other grains. At the same time, the U. S. Department of Agriculture is urging the distillers to accept, wherever possible, only the grain that is transported by motor truck. That's because of the present transportation difficulties in rail movement of grain for food and for export.



As of November 29, brewers will be able to get approximately 10 percent more grains and grain products such as malt, corn, barley, and sorghum. The use of wheat and rice of table grade in malt beverages is still prohibited.

* * * * *

"PRIME" STAMP BACK IN USE

The U. S. Department of Agriculture recently approved the reinstatement of "Prime" grade to the official standards of beef and veal. This top grade was suspended October 1, 1942 as a wartime measure to help conserve livestock feeds, and to bring official standards of the Department in line with the wartime grade classification established by CPL.

Prime beef is distinguished by the amount of fat "marbling" throughout the meat and its thick border of white fat. However, though beef and veal may once again bear this U. S. Grade, chances are the homemaker will see little of it. In the first place, only about one-half of 1 percent of all beef produced is of "Prime" grade, and much of this is taken by the restaurant and hotel trade. Also it's doubtful if much of this grade will appear until late next spring, when prime finished cattle from feed lots are expected to be marketed. Right now most beef cattle being sold has not been finished sufficiently to approximate "Prime" grade, and even "Choice" grades are limited. "Good" and "Commercial" grades of beef are the present supply leaders.

* * * * *

CHRISTMAS TREE TIME

These are the days when Christmas trees are coming to town...from the northeast, the northwest and the Lake States...from 15 to 18 million of them. In case it makes any difference to you which state is first this year in

Christmas tree production, it's Washington, with Montana a close second, and Minnesota third.

As for species...spruces make up about 35 percent of the total, and they're first in popularity too. About 30 percent are Douglas fir and 20 percent Balsam fir; the remaining 15 percent is made up of pine, cedar, red fir, and white fir.

The trees travel by land, water...even by air, on occasion. In years past, Christmas trees have gone by airplane to foreign countries as good-will ambassadors from the United States. It's expected that a great many will move by truck this year, in view of rail transportation difficulties. Enough trees have been cut to supply the market demand, and the growers will make every effort to see that they reach the family fireside.

Forestry experts at USDA suggest that the early buyer look the market over carefully, to make sure he's getting a good tree for his money. The tree purchased some time before Christmas should be kept in a cold place, and when it's brought into the house, set in water. This will help to keep it fresh and green for a longer time, and also will reduce the fire hazard.

And by the way, if you think any of your listeners are weeping over the cutting of trees for use at Christmas...worrying for fear it's wasteful...tell them to dry their tears. Actually, the careful removal of these trees is beneficial to those remaining. It is a thinning operation that's really necessary, in order to let the other trees develop into good timber.



* * * * *

NINCEMENT MEMO

There will be more nincement on the grocers' shelves this year than last, but the price is likely to be considerably higher, due to the general increase in the cost of ingredients. As you realize, the shortage of sugar is chiefly responsible for the shortage of nincement. Makers get an allotment of only 30 percent of the amount of sugar they used in 1941.

* * * * *

ANGLES ON APRONS

Here are some hints about gift-aprons, from the clothing specialists of USDA. You may like to include them in an early broadcast, for the special benefit of those listeners who are in the midst of Christmas sewing. There are aprons and aprons, of course, but it's a good idea to make them both practical and pretty. These suggestions will help assure satisfaction on both counts.

Make Them Of Washable Material

In the first place, aprons should be made of material which will wash well... both colorfast and preshrunk, if possible. And you'll find that a colored background with an all-over printed pattern will stay fresh-looking longer than white.

Any trimming that's used should be sturdy and colorfast; all fastenings should be rustproof and washable, of course.

As to workmanship, be sure it's neat and strong. Reinforce the corners of the pockets, the buttonholes and the places where buttons are attached.

Safety First For Aprons

Maybe you haven't thought of the safety hazard in aprons, but it's something to consider. Don't use dangling bows for trimming, or a large fluffy bow in the back. These may catch on things around the kitchen and cause trouble. And a wide front ruffle might easily catch fire bending over the stove.

Anchor the Straps

The skirt of an apron should be moderately wide, for convenience in climbing and stooping, but not so full that it will get in the way, or get stepped on. The pockets should be conveniently large...about large enough for a closed hand, as a rule. It's well to place them on full parts of the apron, but not on curves of the body. If the pockets are at the side, they may be made either straight or slanting. If they're close to the front, it's well to slant the openings toward the back. And the shoulder straps on aprons should "stay put", anchored firmly in the back, well above the waistline.

An apron should be easy to get into, with no more fastenings than are needed to prevent gapping. For instance, it's better to make a pinafore with one button at the back of the neck and a tie at the waist than with a row of buttons down the back.

Lastly, remember that simple styles launder more easily than those with ruffles and gathers. Construction of an apron should be flat, free from thick, lumpy corners.

* * * * *

KEEP THOSE BOTTLES MOVING

Lady, keep those bottles moving back to the market and the dairy. That's what the milk marketing people would like you to say over and over again. Keeping all the bottles in circulation actually will help to maintain the proper distribution of milk, which, of course, is very important.

There are two reasons why there aren't enough milk bottles...shortage of soda-ash, a chemical used in the manufacture of glass...and the heavy demand of glass from other users. We can't fall back too heavily on the cardboard containers either; they're very short-lived, and furthermore, the paper shortage is still with us.

So tell your listeners to round up the milk bottles and either put them out for the milkman to collect, or return them to the grocery.

* * * * *

FRESH FOOD ROUNDUP

Oranges and tangerines are moving into the plentiful spotlight along with apples. Prices for the two citrus fruits are the lowest in several years, so put the vitamin-rich citrus into your meals often--for the sake of your health as well as your budget. Grapefruit supplies are good, too, at reasonable prices; however, oranges have the grapefruit beaten a little when it comes to production figures.

Good vegetable buys for the week will be rutabagas, potatoes, onions, and cabbage, with possibly spinach a fifth item in most markets.

Beans are a little higher in price this week, with carrots and turnip greens in moderate supply at reasonable prices. Squash is scarce and high, with eggplant in the same class. And speaking of high prices...a few strawberries arrived at the Atlanta market, but they are not recommended for ailing budgets. The wholesale price was something like a dollar a quart...retail prices would undoubtedly be even higher. Celery...some of it from Florida...is easy to find, and so is lettuce.

Canned citrus juice is not exactly a fresh fruit or vegetable, but it's plentiful. There's a tremendous backlog of orange, grapefruit, and blended juice carried over from last year. Grocery shelves should be stacked high with it.

The Fresh Food Roundup is based on general supplies and movements of fruits and vegetables. It is advisable to check on local markets to make sure these products are available in your community.

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Southern Edition

Radio Roundup

A weekly service for Directors of
Women's Radio Programs

December 13, 1946

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FOOD BUDGET BALANCERS

The food economists of USDA have a number of suggestions for helping homemakers cut down on food bills, without lessening the nutritive value of meals. These should be of interest to many of your listeners, and will, perhaps, help you to answer inquiries you've already received.

Buying Hints For the Keeper of the Family Budget

Buy Standard packs of canned vegetables or fruits, instead of Choice or Fancy packs, because they're just as high in food value.

Buy grade B and C eggs for many purposes, since they're as high in food value as grade A and ordinarily are less expensive.

Use evaporated and dried milk part of the time, when they're cheaper than fluid milk ... and use evaporated milk or top milk on cereals, puddings and in beverages, instead of expensive cream.

Serve canned citrus juices when they're cheaper than fresh fruit ... or use raw cabbage or turnips as the source of part of the family's requirement of vitamin C. Tomatoes or tomato juice, fresh or canned, also may provide part of this, depending on the cost. Remember raw cabbage gives about the same amount of vitamin C as orange or grapefruit, weight for weight. About twice as much tomato or raw turnip is required for the same amount, however.

Buy Commercial and Utility grades of beef frequently instead of the more expensive grades. They're just as good when properly prepared. And don't overlook the nutritional bargains such as kidneys, pork, or lamb liver. Remember that the fat you get with meat has been paid for; so make good use of it for cooking or seasoning.

Make use of the leafy tops of young beets and turnips. They're in the same class as other greens when it comes to inexpensive sources of vitamin A. They contain other vitamins and iron too. And when you're shopping for vegetables and fruits, those in season are likely to be a better value for the money. Such old standbys as carrots and potatoes, however, nearly always are good bargains.

Use whole-grain or enriched flour and flour products to gain extra vitamins and iron at little or no additional cost.

Use molasses frequently instead of white sugar in cooking, not only because it's cheaper, but for the sake of the iron it contains, and the flavor it adds to many foods.



HOPE FOR MORE SUGAR

Secretary of Agriculture Anderson made a statement concerning sugar a few days ago. This will be of interest to most homemakers, because it holds out hope for an increase in the sugar ration early next year. The Secretary said, in part:

"Barring unpredictable disasters, sugar will be available to increase sugar rations in the U.S. by one 5-pound consumer sugar stamp by April 1, 1947, and at the same time to increase rations for industrial users by an additional 10% of 1941 base period use. It is believed that the sugar supply situation will warrant further increase later in the year, but at this time it is too early to specify amounts."



Mr. Anderson went on to point out that the shortage of sugar will not end in 1947, though it will not be as short a shortage as in the past. He explained that continuation of controls throughout the entire year will probably be necessary to achieve equitable distribution and to prevent extreme price fluctuations.

* * * * *

NUT MEATS ARE PLENTIFUL

Record crops of almonds and filberts (sometimes called hazelnuts), a large crop of walnuts, and sizeable imports of Brazil nuts and cashews have swelled the total offerings of tree nuts this year.

The uses of nut meat are legion. This food is popular for party refreshments and between meal snacks. Nut meats always have been an important ingredient of cakes, candies, and other sweets, and they add interest and food value to soups, main dishes, salads, and desserts. Nuts deserve this place in meal plans because they are a good source of protein, the B-vitamins and edible fat.



Purchasing nut meats in the shell is more economical, and in-the-shell nuts have a strong holiday appeal. Where time for baking or meal preparation is important, the shelled meats are worth the additional expense. Many stores are also offering shelled almonds, filberts, cashews, and pecans in vacuum sealed containers. These nuts, packed individually or in mixed selections, are convenient for home use and have the advantage of staying fresh until opened.

* * * * *

PLENTIFUL POTATOES

There's an old poem called "Prayer and Potatoes" from which a few lines are frequently quoted. You may be familiar with them ... but since the sentiment is particularly timely, we're going to quote them again:

"Pray for peace and grace and spiritual food,
For wisdom and guidance, for all these are good,
But don't forget the potatoes."

You'll be doing your listeners a favor when you urge them not to forget the potatoes, because they're plentiful this year, of fine quality, generally reasonable in price, and almost infinitely useful in the family diet. The potato is one food that knows no social boundaries...it appears on the family dinner table, or at the most formal dinner party with equal ease. And when it comes to left-overs, potatoes can go it alone or in combination with many other foods.

Hot Potato Salad

It's worth while to make an extra effort to vary the style of serving any food, and potatoes are no exception. The food specialists of USDA suggest hot potato salad as a fine accompaniment to many cold-weather meals, especially those featuring left-over sliced meat or luncheon meat. It's easy to make ... just cook 3/4 cup of diced salt pork until it's crisp. Add a quarter cup of vinegar and the same amount of water, 1 medium sized chopped onion, and one quart of cooked potatoes cut in cubes. Season with salt and pepper, and heat the mixture well before serving.

Potatoes Are Tops

And don't forget potato crust to top a casserole of left-over meat and vegetable stew, or something of that sort. You can line the dish with mashed potatoes if you like, and use more potatoes as a top crust, or, if there's a small amount of potato, make only the upper crust. It should be baked in a hot oven until hot through and browned on the top.

Potato Puff

Mashed potatoes, freshly cooked or left-overs, gain considerable glamour when they're made into a puff. It's easy to do. To 3 cups of mashed potatoes, add 1 egg yolk, hot milk to moisten, 2 tablespoons melted fat, salt, and any other seasoning you like. Beat the mixture well, then fold in the stiffly beaten egg white. Pile lightly into a greased baking dish and bake in a moderately hot oven (375 degrees F.) for 30 minutes, or until puffy and brown.

These are all good ideas for popularizing potatoes, and for giving a lift to the inevitable potato left-overs.

MORE MONEY FOR SALVAGED FAT

In some parts of the country, those who turn in salvaged fat to the meat dealer may be finding it a more profitable transaction financially. We've heard reports that some dealers are paying 8¢ or 10¢ a pound for the fat turned in by homemakers, in contrast to the old price of 4¢ a pound. It appears now that the average price will soon be at least twice the old figure. However, since there's no formal control of prices, it will take a little time for price schedules to level out.

As you know, inedible fats and oils are still in short supply, so salvaged fats are needed just as much as ever.

* * * * *

MOLASSES

Grinding of sugar cane in Louisiana is now under way and a plentiful supply of molasses is expected for the coming year. The U. S. Department of Agriculture has taken steps to insure a large part of this sugar by-product for home consumption. Prices remain under ceilings.

* * * * *

HEADLIGHTS OF NATIONAL GARDEN CONFERENCE

Many of your listeners may be interested in hearing something about the National Garden Conference, held in Washington, D. C. on December 5 and 6. It was attended by more than 200 delegates from all parts of the country. Secretary of Agriculture Clinton P. Anderson read a message from President Truman, and gave a brief address of welcome. The President stated that the magnificent contribution of food production by our nation's victory gardeners was an important factor in winning the war. He called on them to continue the art of gardening in peacetime.

Protective Foods From Home Gardens

Mr. Anderson pointed out that it is always a good plan to be on the safe side in food production. He mentioned the studies made by USDA's Bureau of Human Nutrition and Home Economics on the consumption of vegetables and fruits. These show that the average person does not get enough of the protective foods, and Mr. Anderson stated that home gardens can do much to remedy this deficiency.

Paul C. Stark, director of the national garden program for USDA, called attention in his introductory remarks to the significance of this conference...the first of its kind called in time of peace, not prompted by war, famine or other fateful world disturbances. He also urged that the benefits of better health and better living which resulted from the wartime garden program be continued. Mr. Stark stated the theme of the conference; "Gardens for Food, Health and

Good Living," and explained that its primary purpose was to develop a national plan for gardening which will accomplish the following objectives:

- (1) To improve the national diet by insuring an abundance of vegetables and fruits.



- (2) To improve home life by making rural and urban home grounds more comfortable, convenient, and attractive.
- (3) To create a more useful, livable, and beautiful America by developing and executing town and city improvement plans.
- (4) To popularize gardening in all of its broad phases, recognizing its value to the gardener physically, mentally, and economically.

Home Gardens Add to Total Food Supply

Another speaker at the garden conference, Watson B. Miller, administrator of the Federal Security Agency, warned that in the face of worldwide uncertainty and insecurity, it is imperative that the people of this nation add individually to the total American food supply, through increased garden produce. He advocated that schools be encouraged to teach gardening in the classroom, and couple it with practical gardening experience.

A committee on plans for action on the 1947 garden program recommended the art of gardening be kept alive as a defense measure against any emergency, such as war, drought or economic collapse. And in answer to those who have charged that home gardening cuts down the market for commercial garden products, the committee quoted a government survey (Sept. 1946) which showed the urban home gardener actually bought more commercial vegetables than the non-gardener. Major incentives for the program in 1947, the committee pointed out, will be:

- (1) To assist families in meeting the cost of living.
- (2) To aid in the development of cultural values that come with home gardening, and the improvement of home and community grounds.

This committee recommended the week of February 2 - 8 as National Garden Planning Week; June 9 - 14 as National Home Food Preservation Week; November 2 - 8 as the period of the 1947 National Garden Conference.

* * * * *

WATER BEST FOR FIREPROOFING CHRISTMAS TREES

You've probably heard and read discussion pro and con regarding the fireproofing of Christmas trees by chemical means. In last week's RADIO ROUNDUP in the story on trees, we mentioned that setting the tree in a pail of water would help reduce the fire hazard. Well, here's a statement from USDA's Forest Products Laboratory in this connection.



This laboratory and others have tried out some of the best known fire-retarding chemicals for this purpose. They haven't tested all species of Christmas trees, nor all possible chemicals, but on the basis of the knowledge gained, they've decided that water in the wood, twigs, and needles does the best fireproofing job. As a matter of fact, the use of certain chemicals has been found to cause the needles to turn brown and drop off. This, of course, actually increases the fire hazard.

This is valuable information to pass along to your listeners before Christmas.

* * * * *

JANUARY PLENTIFUL FOODS

The following foods are expected to be in plentiful supply throughout the country during the month of January, according to latest reports: Potatoes, onions, spinach, apples, dried peaches, oranges, grapefruit, canned citrus juices, heavy tom turkeys, almonds, filberts, and fresh and frozen fish (excluding shellfish).

* * * * *

DECEMBER CROP REPORT

The December crop report, released on December 10 by USDA's Bureau of Agricultural Economics, tells us that favorable growing conditions continued through November. Ample moisture and mild temperatures favored luxuriant growth of fall-sown crops, and enabled farmers to carry out their seeding plans to the full extent, giving promise of a good start for the 1947 crop year.



The report states that total U. S. orange production for the 1946-47 season promises to be more than 120 million boxes, a record crop. November milk production was over 8 billion pounds, only 1 per cent less than a year ago. Approximately 3 billion 80 million eggs were produced in November, 5 per cent more than last year, and a record for the month.

* * * * *

Fresh Food



Roundup

POTATOES*ORANGES*GRAPEFRUIT*CABBAGE*ONIONS*TANGERINES*AND*CHRISTMAS TREES*

We caught the Christmas spirit this week while looking around for good buys in fruits and vegetables. Christmas trees by the dozens ... pine, fir, spruce, cedar ... were on the market. Some of them were Southern trees and some were shipped in from Northern states. So far, prices are about the same as last year. Whether you buy a big or a little tree, an expensive job or a economical sprig, be sure to give it a fireproofing treatment. A Christmas tree can spell a Christmas tragedy if a candle flame licks hungrily at drying branches.

We found some good food buys too along with our Christmas spirit. Citrus fruits are plentiful and prices are the lowest in some time. Coconuts from Florida, as well as imported ones, can be found right handily to team up with the citrus in ambrosia, the traditional holiday dessert.

Sweet potatoes and Irish potatoes are still good buys. So are onions. And cabbage is downright cheap. Get a head or two for this week's meals. Beans are reasonably priced and so are eggplant and peppers.

It's another story for squash, okra, and cucumbers. All of them are in light supply and generally high. Cauliflower and celery are reasonably priced, and there seems to be a good selection of celery for the week. Maybe it's a good time for stuffed celery for dinner some night. Avocados are not very plentiful, but a carload or so are due in Atlanta some time soon, probably within a week. That should mean a pretty good supply for Christmas dinners, if your tastes turn in that direction.

The Fresh Food Roundup is based on general supplies and movements of fruits and vegetables. It is advisable to check on local markets to make sure these products are available in your community.



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Southern Edition



Radio Round-up

A weekly service for Directors of
Women's Radio Programs

December 20, 1946

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U. S. DEPARTMENT OF AGRICULTURE
FEB 5 1947
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SPEAKING OF TURKEY

You're probably talking turkey some more these days, in connection with the Christmas turkey many families will enjoy next week. Marketing specialists of USDA say there will be plenty of turkey for everybody who wants it. The period between Thanksgiving and New Year's Day is, of course, the time when buying for home use is heaviest. Dressing and marketing operations continue throughout the first three months of the year, but the bulk of this supply goes into freezers, for use by the restaurant and hotel trade and by industrial plants.

An ever-present problem for the average homemaker is using up the leftovers so here are a few tips your listeners may find helpful.

Use The Leftovers

The popular styles of preparing chicken ... creamed, a la king, loaf, souffle, chop suey ... all are just as good when you substitute turkey, duck, goose, or guinea. Remind your listeners of this when you're suggesting ways of using up the leftovers from Christmas dinner.

The food specialists of USDA suggest that you tell the homemaker to save all meat, bones, skin, fat, stuffing, and gravy, if she's going to make the best use of leftovers. The bones can be stewed for broth. The skin, if it's well-flavored, can be ground up and used as a source of fat in sauces, gravies, or soups. All poultry fat with good flavor can be used instead of other fats, so all the drippings that cook out of a bird should be saved, and any excess fat removed before cooking should be rendered. To render fat, cut it in pieces and heat it slowly, preferably in a double boiler. In recipes for a loaf made from leftover chicken or turkey, stuffing can be substituted for bread crumbs, and gravy for part or all of the sauce made with broth and milk.

Keep Poultry Cold

Poultry is a very perishable food that spoils easily, so it should either be served promptly, or chilled and held at refrigerator temperature until time to serve. Leftovers should be cooled quickly, placed in the refrigerator as soon as possible, and not removed until time to use them.

Creamed Turkey, Savory Style

In case you think of creamed turkey or chicken as a useful but not very imaginative way of using up leftovers, just remember how many ways there are of serving it. Patty shells, waffles, crisp toast, toasted bread baskets, and a rice or noodle ring all form a fine foundation. Then there's the tasty short-cake, also turkey scallop consisting of alternating layers of spaghetti and creamed turkey, topped with buttered crumbs ... and turkey pie made with a lid of biscuit rounds or of mashed potatoes. Here's a basic recipe for Savory Creamed Turkey, suggested by the home economists of USDA's Bureau of Human Nutrition and Home Economics.

Savory Creamed Turkey

4 tablespoons butter or other fat
1 cup chopped celery
1 tablespoon chopped onion
 $\frac{1}{4}$ green pepper, chopped
 $\frac{1}{2}$ cup flour

3 cups chicken broth
 $\frac{1}{2}$ to 1 cup cream
salt
3 cups diced cooked turkey

Cook celery, onion and pepper for a few minutes in the fat. Stir in the flour and blend thoroughly. Then stir in cool or lukewarm broth and cream; cook until smooth and thickened. Season to taste with salt; add turkey; heat mixture thoroughly and serve hot in one of the styles suggested.

* * * * *

HOMEMADE SOAP

You may have had requests for a recipe for homemade soap, in these days when it's scarce in the stores. The following instructions, are from USDA's Bureau of Human Nutrition and Home Economics. When these directions are followed carefully, the soap obtained contains no free alkali, is not greasy, and is suitable for general household use.

Soap Recipe

To make about 9 pounds of soap

6 pounds clean fat (about 13 cups)
 $\frac{1}{4}$ cup borax (optional)
1 can lye (13 ounces)
 $2\frac{1}{2}$ pints soft water

To make one bar of soap

1 cup clean fat
1 teaspoon borax (optional)
5 teaspoons lye
 $\frac{1}{2}$ cup soft water

Weigh or measure the clarified fat, heat slowly until completely melted and cool to approximately 110°F (slightly higher than blood heat). If borax is desired, it should be added to the fat at this point. Stir the fat occasionally during cooling to prevent crystals from forming. Meanwhile dissolve the lye in the water and cool to about 85°F (lukewarm). Pour the lye solution into the fat in a thin, steady stream with slow, even stirring. Continue stirring until a thick honey-like texture is obtained. This should take from 10 to 20 minutes. Important: Always add the lye solution slowly to the fat. Too rapid addition of the lye or too vigorous stirring may cause separation of the ingredients.



If the soap mixture does not become thick within half an hour and there is a greasy layer on top, perhaps it is too warm. In this case, set the container in cool water and keep stirring from the sides and bottom. On the other hand,

if the mixture is lumpy, it may be too cold. Then set it in a pan of warm water and stir until the lumps disappear.

Pour the thickened soap mixture into the prepared molds. Cover and keep warm for at least 24 hours. Remove the soap and cut it into bars. Before the soap is ready for use, the bars should be allowed to age for about two weeks in a dry place.

If the soap is crumbly or has streaks of grease, it may be reclaimed as follows:

Cut the soap into fine pieces, add water (7 pints for the large recipe and 1 cup for the small) and dissolve over low heat. Stir occasionally. When the lumps have disappeared, increase the heat and boil until the soap appears thick. Pour into molds as above.

Here is some special information on soap making which should be noted by those who are planning this activity.

Fat. Waste fats from cooking and fats rendered from tallow, meat trimmings, and rinds, as well as vegetable oils may be used. The quality of soap obtained depends on the kind and condition of the fat. A combination of tallow and lard makes the best soap. Poultry fat and vegetable oils should be combined with other fats, as soap made from them alone is soft and spongy. Waste fat should be clarified.

To clarify waste fat, melt it slowly, strain it through two thicknesses of cheesecloth, add an equal volume of hot water, stir well and bring to a boil. Remove the mixture from the fire, and with constant stirring add one quart of cold water. Set aside to cool. When firm, the clean fat on top is ready to make into soap.

Borax. The addition of borax is not necessary. It seems to improve the appearance and sudsing action of soap.

Lye. Lye is a satisfactory alkali for soap making. It can be obtained at grocery stores. Care should be taken in dissolving lye in water, as the fumes are irritating and heat is generated. Avoid contact of the dry lye or the lye solution with the skin or clothing. If this occurs, wash well with clear water and rinse with diluted vinegar. Lye attacks aluminum. Therefore, never use aluminum utensils in making soap.

Water. Soft water (rain water) is best for making soap. If only hard water is available, let it stand 2 days with a small amount of lye (from 1 to 2 tablespoons to a gallon, depending on the hardness of the water) until the hardness settles.

Equipment. Enamel, iron, or earthenware containers must be used for dissolving the lye and for mixing the soap ingredients. Never use aluminum. Stir with a wooden paddle or with a wooden or enamel spoon. A dairy thermometer is convenient for measuring temperature.

Molds for soap may be made from cardboard or wooden boxes or shallow enamel pans. The soap is more easily removed if the mold is lined with waxed paper or with cotton cloth dipped in cold water and wrung dry.

* * * * *

KEEP IT CRISP

A traditional accessory to the holiday dinner... and one which is welcome at dinner any day.... is crisp, cold celery. The wise cook separates the stalks, washes them ahead of time, and puts them in a cold place to get crisp. This vegetable is mainly valuable for its fine flavor and crisp texture. The food value of celery is very slight, but it's important in the diet because it makes many other foods more appealing. Celery is one vegetable in which there's practically no waste...the heart makes a delicious relish or salad, the tougher outside stalks can be cooked in various ways...the fresh leaves can be used in a salad, or dried and used for seasoning soups, stews, and so forth.



Plenty of Celery for Shoppers

While production of fall and winter celery this year has been slightly under 1945 (due to the price decline that started for this crop last January), a good amount of celery went into storage during the summer and fall. Therefore, total offerings are high at this time...of both the Golden Heart and the green Pascal variety. At present Florida, Arizona, and California are the leading commercial suppliers of winter celery. After the first of January, most of it will come from Florida until spring. Then Arizona and California will come back into the picture again, when they start moving their spring crops. Come summer, we'll be getting celery from New York and Michigan, and by fall, there'll be shipments from New Jersey, Ohio, Colorado, Utah, Idaho, and Oregon.

You may not realize that the refrigerated railroad car is responsible for our year 'round supply of celery. Most of the fall, winter, and spring crops are moved under refrigeration...only the summer crop is shipped largely by truck.

Choose Celery Carefully

The marketing specialists of USDA recommend buying celery of medium length, thickness, and solidity, with stalks that are firm and crisp. They warn you to watch out for pithy or stringy celery. Pithy stalks are those of open texture with air spaces in the central portion...it may be caused by freezing or may be due to a hereditary defect.

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MEAT SUPPLIES INCREASING

Meat supplies in the stores are increasing, says USDA's Production and Marketing Administration, with the beef picture particularly good. Chances are shopper will find a greater amount of beef graded "Good", because of the increased marketing of cattle which have been in feed lots since September and October. "Commercial" grade also is likely to be plentiful, but the scarcity of beef graded "Choice" will continue.

As for pork, supplies should be at the peak during December and January. Demand was so heavy early in the season that much was sold as fresh pork, so the quantity that was smoked is uncertain. It's believed there will be enough ham and bacon to meet the demand now, however... good news to those who are hoping for a whole or half-ham for New Year's Day.

Meat Saving Tips

Meat can take up a sizable amount of the family food allowance, so meat saving ideas are usually welcome. For instance meat cooked at moderate heat until done, keeps cooking losses low, and the meat is juicier and tastes better. It should be cooked according to the cut and fatness. Roast or broil a tender cut, in an uncovered pan with no water added. Give tougher meat long, slow cooking in a covered pan with water or steam, or grind and cook it the same as tender cuts.

Vary the seasonings, especially when using the same kind of meat often. Try a little onion, tomato, or green pepper...a dash of herbs or spice...to give a different taste.

Spread out the good meat flavor in more meals by mixing meat with bulky, mild-flavored foods. Cereals, bread, vegetables, and sauces are good meat "extenders." For loaves and patties, well-seasoned raw meat can be mixed with bread crumbs, mashed potatoes, boiled rice, white sauce, cooked corn meal, oatmeal, cracked or whole wheat. Use a mixture of ground cooked meat with boiled rice, mashed potatoes, or white sauce to stuff vegetables, then bake them. Peppers, potatoes, eggplant, onions, and tomatoes are all fine for this purpose. Souffles, creamed meat, hash, scalloped meat, chop suey, and salads all offer ways of serving meat which will make a little go a long way.

* * * * *

LEGENDS ABOUT CHRISTMAS GREENS

Christmas legends are always interesting, and there are a number concerning Christmas greens...holly, mistletoe, and Christmas trees...that you may like to use as program material during the few remaining days before Christmas.

Mistletoe. The significance of mistletoe is so definitely romantic that it may surprise some people to hear the Scandanavian legend about it. It is said the son of the goddess of love was killed by a dart of mistletoe hurled by an evil spirit. The mother grieved so sorely that her tears turned into the white

berries of the mistletoe, and the gods, in their compassion, restored the child. That's why the happy and grateful goddess grants a kiss to anyone who stands under the mistletoe. There's another old tale, however, which limits the number of kisses to the number of berries on the bough...but that's a matter which can be left entirely to the discretion of those concerned, of course!

Holly. As for Holly...that beautiful Christmas green is said to help keep away evil spirits. The reason for this belief goes back to old Teutonic days, when people hung greens in the house during the harsh winter to provide a protective home for the woodland spirits. And it's said that if the wife of the family brings the Christmas holly into the house first, she'll rule the roost for the whole year! It might be a good idea for the man of the family to see that he's first home with the holly!

The Yule Log. The burning of the Yule log is an old, old Christmas custom in many lands. It was a special ceremony with the ancient Druids, held at the end of the year, after the shortest days of winter had passed. By order of the Druid priests, a firebrand from the Yule log was saved to rekindle next year's log, so that it was kept ever burning. With the log was supposed to burn hatred and misunderstanding...so it isn't hard to understand the spirit of good fellowship that traditionally accompanies the burning of the Yule log.

The Christmas Tree. As for the Christmas tree...the custom of bringing trees into the house goes back to ancient times. Long before the Christian era, worshippers of the sun god associated trees with sacredness. The people of Egypt celebrated the shortest day of the year by bringing green date palms into the house, as a symbol of life triumphant over death. In Rome, the feast of Saturn was observed by raising aloft a bough of evergreen. And the Druids believed that green boughs in the house meant eternal life.

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RECORD CROPS REPORTED FOR '46

As a final thought before Christmas, it's pleasant to be able to mention the most recent crop report of USDA...the last for 1946...released on December 17. This shows the total output of crops in 1946 is the greatest in the history of our country. High yields are primarily responsible, although the harvested acreage is fairly large, and the growing season has been more favorable than usual. If you want some figures, the total volume of crops is 7 points above last year, and 2 points above the previous record in 1942. The report states that not only the quantity but also the quality of crops is outstanding.

This seems a fitting note on which to say Merry Christmas to all RADIO ROUNDUP readers...please consider it said!



Fresh Food



Roundup

CITRUS PRICES THE LOWEST IN YEARS ... PUT AN ORANGE IN THE CHRISTMAS STOCKING

Citrus supplies are abundant. There's a bumper crop this year, and prices are much lower than for some years. Oranges, grapefruit, and tangerines will all be plentiful over the holidays and should prove economical buys. Apples remain in the good buy class also.

In the vegetable line-up, the staples hold the "best buy" spot. Potatoes, cabbage, onions, and perhaps spinach are all plentiful. Celery is in good supply and reasonably priced. Carrots and lettuce haven't changed much from last week, either in price or supply.

Most markets will boast supplies of broccoli ... from Florida, Texas and California ... brussels sprouts, and parsley. Tomatoes are about the same price as last week. Eggplant and cauliflower are not too plentiful, but you can find them without too much trouble.

The Fresh Food Roundup is based on general supplies and movements of fruits and vegetables. It is advisable to check on local markets to make sure these products are available in your community.



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Southern Edition

Radio Round-up

A weekly service for Directors of
Women's Radio Programs

December 27, 1946

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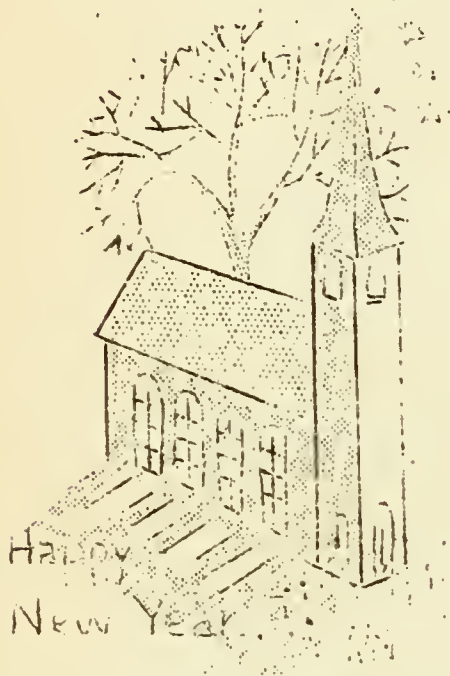
U. S. Department of Agriculture
Radio Service

Address inquiries to:

Information Service -- Southern Area
Production & Marketing Administration
U. S. Department of Agriculture
449 West Peachtree St., N.E., Atlanta, Ga.

AMERICAN SMORGASBORD

Here's an idea for a holiday buffet meal ... perhaps that New Year's Eve or New Year's Day supper. Serve it a la smorgasbord, which, as you know, is a help-yourself meal. A number of the relishes and other foods can be prepared in advance, and the hot foods served in a casserole, so it really isn't any more work for the hostess than the conventional type of service, and the guests will find it interesting. Incidentally, there are several foods on the plentiful food list for January which offer the basis for dishes to include in the smorgasbord supper... turkey, potatoes, onions, apples, grapefruit, oranges, fish, almonds and filberts, for example.



Smorgasbord Etiquette

Did you know that in Sweden there's a definite etiquette about the smorgasbord meal ... and also that the name smorgasbord is a compound of the words butter, cheese and bread? It really isn't polite to heap the plate high on the first trip to the table, taking a great variety of foods at one time. It's good Swedish manners to make several rounds of the smorgasbord table, but the foods should be chosen in the same succession as the courses at a formal dinner. According to our Swedish authority, the first course should consist of the traditional bread, butter and a choice of various cheeses. The second, or fish course, usually includes herrings in various styles, sardines, fish salads, etc.

Third comes the meat course; usually cold meats and sausages. The last course provides chafing dish foods, often scrambled eggs and/or little meat balls.

American Adaptation

Our American smorgasbord can be simpler and less varied, of course, depending on the budget, and also on the number of people to be served, and the number of courses you decide on. It shouldn't be difficult to serve two or three kinds of bread, butter or margarine, and several varieties of cheese for the first course. For the second course, there are sardines or herrings, and a tuna or salmon salad ... or perhaps a fish salad made from cold flaked fish prepared at home. Number three, the meat course, could include sliced turkey or chicken, baked ham, or any other left-over meat ... and also small sausages or frankfurters. And for the fourth course, the Swedish pattern of meat balls and scrambled eggs is a good one to follow ... or the family's favorite casserole dish. That may be scalloped meat and vegetables, a meat pie, macaroni and cheese...there's a wide choice. Hot or cold potato salad could fit into this picture very well...also homemade relishes, such as pickled peaches, watermelon pickle...whatever the preserve closet affords. A big bowl of celery and carrot sticks will add a pleasant crunchy note to this meal, and a flavor contrast everybody will like. And you'll probably want to wind up with a fifth course...dessert. This can be a simple fruit and nut bowl, or something more elaborate.

American smorgasbord is a fine way of saying Happy New Year to your friends ... as we're saying to you right here and now.

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A QUESTION OF COLOR

You may hear comment occasionally on the legend "color added" which often is stamped on the skins of oranges. Some shoppers are under the impression that these oranges are inferior in quality...perhaps not as ripe, or not as good in flavor. There really shouldn't be any stigma attached to this phrase, however, because the color adding process is entirely legal, and is done under definite restrictions. Now, while the citrus season is at its height, you'll be doing your listeners a favor by reassuring them on this score.

Maturity Laws Assure Ripeness

You see, the color of oranges depends on several factors ... the variety, the season of the year, and the area of production. The Florida and Texas oranges in particular often have areas of green, especially at the stem end. This is true of tangerines too...but the color has nothing to do with the degree of ripeness. As a matter of fact, all citrus-producing states have maturity laws, which growers are required to observe. To be technical about it, the ripeness of citrus fruit is determined by a test which indicates the ratio of acids to solids. After passing this test, the ripe fruit which is not an attractive orange color is treated with ethylene gas. This treatment takes out the green color and brings forth the natural yellow or orange shade we all like to see.

It's interesting to know also that oranges are waxed and polished...and not, as you may think, for the purpose of beautifying them. The waxing helps to retard shrinkage and prevent decay.

Shopping Tips

Don't buy citrus fruits by appearance alone, because you can judge them better by holding them in your hand. Heavy citrus fruits are juicier than the light-weights.



Citrus - plenty of it!

Next, look for a firm, smooth skin of fine texture...and don't worry if there are a few surface blemishes and slight discolorations. It's well to avoid fruit with badly creased skin, or that of a puffy, spongy appearance, which is light in weight. These tips apply to tangerines as well as to oranges and grapefruit, of course.

Record Crops of Citrus

All citrus crops except lemons are breaking the record this year. Oranges and grapefruit lead, and here are the figures: Total U. S. orange production is expected to be over 120 million boxes, 20 percent larger than last year. The grapefruit crop was estimated on December 1st at a record total of more than 67 million boxes, 6 percent more than last year. That's assurance of enough for everybody...and sufficient reason for you to suggest them frequently for everybody in the family, any meal in the day.

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SCHOOL LUNCH REVIEW

As the school term nears the mid-year mark, a bit of summarizing can be done on the national school lunch program.

Preliminary reports to the U. S. Department of Agriculture from state sponsors reveal that more children are being benefited and more schools are participating than during the same months last year. Furthermore, a larger number of schools are now serving complete...or Type A...lunches, which provide from a third to a half of the daily food needs.

As you know, this is the first year that federal funds have been provided for kitchen equipment...10 million of the 75 million dollars voted by Congress for the school lunch program. This has meant that some schools which in the past served only milk, sandwiches and one hot dish, because of limited kitchen facilities, could expand their operations and prepare more balanced meals. Also a number of schools with insufficient local funds for equipment could take part in the program, after receiving some federal aid.



More lunches for
more children

In addition to cash assistance for equipment and food, the Department of Agriculture has purchased certain foods and distributed them to state or local agencies for use by schools. The National School Lunch Act authorizes the department to use a part of the funds appropriated each year by Congress for direct purchase and distribution of commodities in accordance with local needs of the schools. Under this method of distribution, the department achieves the dual objective of expanding domestic markets and aiding in the national nutritional program. So far this term, the department has purchased tomato juice, concentrated orange juice and peach jam for distribution in all states. Non-fat dried milk solids have been distributed in milk deficit areas.

Some processed vegetables originally purchased by the Army and held in government inventories have been distributed in areas where the stocks were held. Chocolate milk powder has been purchased for lunch programs in Puerto Rico and the Virgin Islands.

The national act also provides that a certain amount of surplus foods purchased by the department under the price support program may be distributed to schools that desire the commodities. In the past months, potatoes, onions, cabbage, spinach, carrots, lettuce and beets have been thus distributed. It should be made clear that no part of the school lunch appropriation was spent for these surplus foods. The funds for the price support program were voted by Congress to protect the farmer during the war and the reconversion period. Neither does the department make deliveries of these foods directly to schools. The food is shipped in carlots to state sponsors or local superintendents of schools, who make the division.

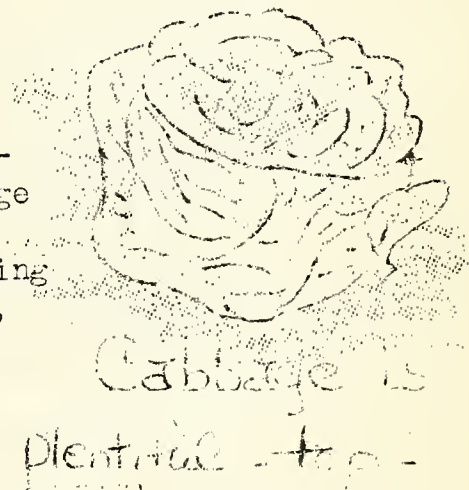
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CABBAGE COMES TO MARKET

Cabbage in one form or another is the perfect complement for almost any winter-time meal...so it's good news that there's plenty to be had. The marketing specialists of USDA tell us the crop this year will be about 338,000 tons. During January there will be large shipments of new cabbage from California, Texas and Florida, and some from Arizona. And, of course, there will be lots of cabbage in the northern markets from the fall crop, now in storage. Incidentally, it's well to remember that this new cabbage offers a better supply of vitamin C, since some of this important vitamin is lost from cabbage while it's in storage. You may have to pay a bit more for it, however.

Cabbage Slow

Here's a fine way of fixing this new cabbage, with a sour-cream dressing that requires no added fat. Cut the cabbage in quarters; wash thoroughly in cold water. Drain, shred and set aside in a cold place until crisp. Stir in dressing until well mixed. The dressing takes $\frac{1}{2}$ cup of sour cream, whipped. Gradually stir into it the following mixture: 1 tablespoon sugar, $\frac{1}{4}$ teaspoon salt, a little pepper, 1 tablespoon lemon juice, and 2 tablespoons vinegar.



Cabbage and Carrot Salad

Use equal parts shredded cabbage and chopped or grated raw carrots. Mix with salad dressing until well blended. Add ground peanuts, if desired, and serve on lettuce.

Cabbage and Onion Salad

Shred cabbage and cut onions into thin rings. Season with salt, celery salt, pepper and paprika. Mix with salad dressing and serve on a cabbage leaf.

Boiled Cabbage

For some meals, you may prefer your cabbage hot, and boiled cabbage is a simple method of preparation. It's good plain, or with white sauce, or with a tangy, cheese sauce. Be sure you cook the quartered cabbage in just enough briskly boiling water, slightly salted, to keep it from sticking to the pan. Cover the saucepan and cook until just tender, about 10 to 15 minutes.

Panned Cabbage

This is another grand way of serving cabbage hot. Cut it in small pieces, (but do not shred it,) and allow about 2 tablespoons of fat for each quart of prepared cabbage. Melt the fat in a heavy flat pan, add cabbage, and cover it, to hold in the steam. Cook slowly until tender but not mushy, stirring now and then. When ready, after 5 to 15 minutes, add salt, pepper, cream, meat drippings, or other seasoning. You can vary the flavor of panned cabbage by adding a little chopped onion, or left-over bits of meat, when the cabbage is almost tender.

Cook Cabbage Quickly

That's a good general rule to remember. The food specialists of USDA's Bureau of Human Nutrition and Home Economics tell us that air, water and heat can rob cabbage of that important vitamin C. The less it's cooked, or exposed to the air after it's been cut, the more vitamin C is retained. Cabbage at a meal also adds to the day's supply of B vitamins...thiamine, riboflavin and niacin...also provides calcium for the mineral score. And furthermore, the greener leaves of cabbage offer some vitamin A. Whether you serve it hot or cold, cabbage brings nourishment and interest to the family's meals.

* * * * *

THE SAUERKRAUT SITUATION

This is the time of year when sauerkraut is a welcome addition to the menu in most families...with spareribs, or frankfurters...or maybe with pork hocks or boiled ham. As we told you last week, we're right in the middle of the peak season of pork production. And according to the marketing specialists of USDA, we should find plenty of sauerkraut this winter.

New York state has so much stored cabbage that kraut factories are continuing to turn it out...in barrels, cans and jars, to go to the delicatessen, the neighborhood butcher, and the corner grocer. The so-called "bulk" kraut-in barrels appeared in large quantities during the war, when tin was very short, and now the barrelled kraut sells mostly to butcher shops and delicatessens. Now that there's more tin, however, kraut manufacturers are canning more of the pack. The cans and glass jars are more often found on grocery shelves.

You may like to suggest to your listeners something a bit different from plain sauerkraut. It's called Savory Sauerkraut, and is made very simply. You need

about 4 tablespoons of fat to one quart of sauerkraut, plus a quarter teaspoon of celery seed or caraway seed. Just heat the fat in a skillet, add the sauerkraut and the seasoning, mixing well. Cover and cook for five minutes and serve hot.

* * * * *

PICKLES ARE POPULAR

Pickles have been popular for many centuries and today are firmly entrenched in the modern diet. Even as far back as Cleopatra's time, pickles have been in demand. Cleopatra herself nibbled on them ... said they gave her health and beauty.

And speaking of pickles, the U. S. Department of Agriculture indicates on the basis of preliminary estimates that the production of cucumbers for pickles in 1946 is record high... 21 percent larger than the previous record crop of 1942. Total stocks of salt and dill pickles are slightly less than the all-time record of 1938.

Pickles fall into two major classes; that is, cucumbers are either put into a brine solution for further pickling ... or they are packed within 24 hours as "fresh pack." The fresh pack includes dill, bread and butter, and cucumber pickles.

The brined or processed pickles fall into three big groups...dill, sweet, and sour. They go from the brine tanks in the field to the packing plants, where they are neutralized. This means that the salt water is washed out of them. Then the dill, sweet or sour flavor is added. It is at this point that your varieties start piling up. There are plain sour pickles, the kind that make you pucker up... midget sweets, that are such nice picnic treats. Not to mention mustard pickles, chow chow, gherkins, picalilli, old fashioned pickles, and mixed spiced pickles. And all of the dills... the fresh dills, the processed dills, and the garlic-flavored dills.

From all the evidence, it seems that ... just as there is a pickle for every taste and fancy...so there is a pickle flavor for every dish. The appeal of the pickle is not to be underestimated...even when it has been chopped up in sauces for meats, vegetables, fish and casserole dishes. Or when it has been put through a meat chopper with leftover ham... to emerge as a sandwich spread. To which can be added some salad dressing, a few drops of pickle juice, some celery (so plentiful right now), and salt and pepper. Pickles do very well in vegetable salads... and give a lift to leafy greens when used in dressings over tossed green salads.

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Fresh Food



Roundup

WITH HOLIDAY DEMAND OVER, SUPPLIES OF CITRUS AND VEGETABLES WILL BE HEAVIER

During the citrus marketing holiday period which will be in effect on the Florida crop until January 1, supplies of oranges and tangerines have been light on most markets. However, shortly after the New Year, additional supplies of the record citrus crop are expected on practically all markets. Meanwhile, apples are in plentiful supply.

And speaking of Florida, the latest truck crop news report reveals that so far this year the peninsular state has shipped about 20 percent more vegetables than for the same period in 1945.

As for "best buys" on most markets, the staples are still holding their own ... potatoes, cabbage, onions, and spinach.

Carrots and lettuce are in moderate supply, and tomatoes are in about the same boat, although prices have advanced slightly. Beans are increasing in supply, and the demand is fairly good for pole beans, with premiums as much as \$1.50 per bushel above snap varieties on some markets.

Temporarily, celery is in short supply due to the holiday demand, but it should be plentiful within a few days on many markets.

As for sweet potatoes, the supply is rather light and prices are unchanged to a little higher.

The Fresh Food Roundup is based on general supplies and movements of fruits and vegetables. It is advisable to check on local markets to make sure these products are available in your community.

